

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

**NINJA**  
**DELUXE**  
KITCHEN SYSTEM

**QUICK  
START  
GUIDE**

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**+ 15 IRRESISTIBLE RECIPES**

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# NINJA® DELUXE KITCHEN SYSTEM QUICK ASSEMBLY

## USING THE SINGLE-SERVE CUP

### PARTS



SINGLE-SERVE CUP



SPOUT LID



PRO EXTRACTOR  
BLADES® ASSEMBLY

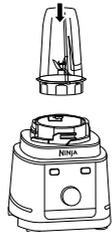
### ASSEMBLY



1 Fill Single-Serve Cup with desired contents.



2 Screw on Pro Extractor Blades Assembly clockwise until you have a tight seal.



3 Flip cup upside down and lower it onto base.



4 Turn cup clockwise to lock in place.

### BLEND & ENJOY



1 Turn the dial and press to select any of the illuminated programs to begin blending.



2 When blending is complete, turn cup counterclockwise and lift to remove.



3 Turn blade assembly counterclockwise to remove.



4 Place Spout Lid on top of cup and turn clockwise to lock in place.

Once the Single-Serve Cup is locked onto base, press the Power button  to turn the unit on. The compatible programs will illuminate.

**WARNING:** To avoid the risk of laceration, handle the Pro Extractor Blades Assembly with care, as the blades are sharp.

## USING THE TOTAL CRUSHING® PITCHER

### PARTS



TOTAL CRUSHING  
PITCHER



PITCHER LID

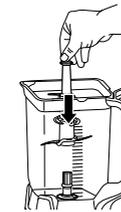


STACKED BLADE  
ASSEMBLY

### ASSEMBLY



1 Place the Total Crushing Pitcher on base and turn clockwise to lock in place.



2 Holding Stacked Blade Assembly by the top of the shaft, insert it into pitcher and ensure it is fully seated prior to use.

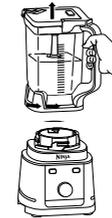


3 Install the lid, then press to lower the handle to lock in place.

### BLEND & ENJOY



1 Turn the dial and press to select any of the illuminated programs to begin blending.



2 When blending is complete, turn pitcher counterclockwise and lift to remove.



3a To pour out thinner mixtures, ensure lid is locked in place, then open pour spout.



3b For thicker mixtures, press RELEASE button and lift handle to remove lid, then carefully lift out blade assembly before pouring.

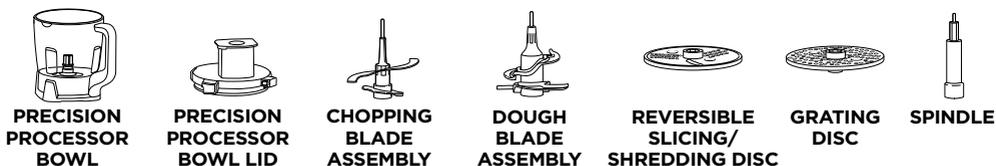
**NOTE:** The pitcher lid handle will not fold down unless it is attached to the pitcher.

Once the Total Crushing Pitcher is locked onto base, press the Power button  to turn the unit on. The compatible programs will illuminate.

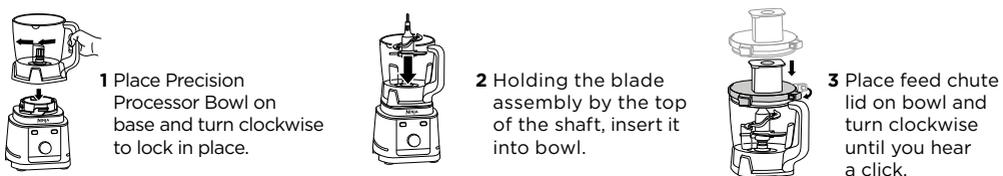
**WARNING:** Stacked Blade Assembly is loose and sharp and not locked in place. Make sure lid is locked onto pitcher before pouring contents. If pouring without lid, carefully remove blade assembly first. Failure to do so will result in a risk of laceration. Refer to the Ninja Owner's Guide for additional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

## USING THE PRECISION PROCESSOR® BOWL

### PARTS

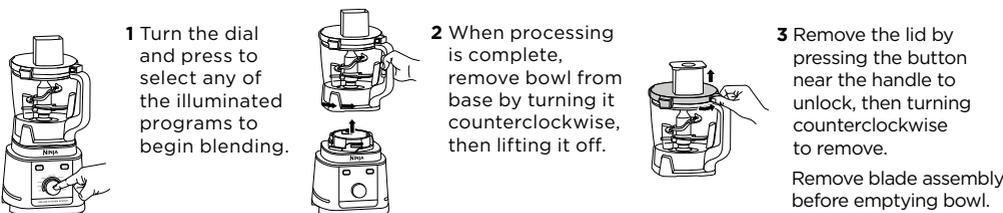


### BLADE ASSEMBLY



**NOTE:** Please follow the same instructions to install either the chopping or dough blade assemblies.

### PROCESS & ENJOY



Once the Precision Processor Bowl is locked onto base, press the Power button to turn the unit on. The compatible programs will illuminate.

### DISC ASSEMBLY

- Place Precision Processor Bowl on base and turn clockwise to lock in place.
- Place the spindle onto the drive gear inside the bowl. Use the finger holes to grasp the disc and place it over the spindle.
- Place feed chute lid on bowl and turn clockwise until you hear a click.

### SLICE, SHRED OR GRATE

- Turn the dial and press to select any of the illuminated programs to begin blending.
- When processing is complete, remove bowl from base by turning it counterclockwise, then lifting it off.
- Remove the lid by pressing the button near the handle to unlock, then turning counterclockwise to remove. Using the finger holes, carefully lift the disc out of the bowl. Grasp the spindle and lift out of the bowl to remove.

**WARNING:** Chopping Blade Assembly is loose and sharp and not locked in place. Before pouring, carefully remove blade assembly. Failure to do so will result in a risk of laceration. Refer to the Ninja Owner's Guide for additional information.

## NINJA® DELUXE PLUS KITCHEN SYSTEM WITH AUTO-IQ®

### AUTO-IQ® PROGRAMS

Intelligent preset programs that combine unique blending and pausing patterns that do the work for you. Press the dial to start or stop any program. Turn the dial to select. 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 dial again.

#### SINGLE-SERVE CUP



- |   |  |
|---|--|
| <b>SMOOTHIE</b><br>Fresh/Frozen Fruits<br>Milk/Yogurt<br>Protein Shakes | <b>EXTRACT</b><br>Whole Fruits/<br>Vegetables<br>Fibrous<br>Ingredients<br>Seeds |
| <b>FROZEN</b><br>Margaritas<br>Daiquiris<br>Milkshakes                  | <b>PUREE</b><br>Dips<br>Spreads<br>Sauces  |

#### TOTAL CRUSHING® PITCHER



- |   |
|---|
| <b>SMOOTHIE</b><br>Fresh/Frozen Fruits<br>Milk/Yogurt<br>Protein Shakes |
| <b>FROZEN</b><br>Margaritas<br>Daiquiris<br>Milkshakes                  |

#### PRECISION PROCESSOR® BOWL



- |   |   |
|---|---|
| <b>DISC</b><br>Slicing Veggies<br>Shredding<br>Veggies<br>Grating | <b>DOUGH</b><br>Pizza<br>Bread<br>Cookies |
| <b>PUREE</b><br>Dips<br>Spreads<br>Sauces                         |   |

## MANUAL PROGRAMS

**LOW, MEDIUM, and HIGH:** When selected, each of these speeds runs continuously for 60 seconds. Press the currently active button again to stop the program sooner. They do not work in conjunction with any Auto-iQ programs.

**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.

### CLEANING

**DISHWASHER:** All parts except the motor base are top-rack dishwasher safe and should **NOT** be cleaned with a heated dry cycle. Ensure the blade assembly is removed from the container before placing in the dishwasher.

**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 blade assemblies with care to avoid contact with sharp edges. Rinse and air-dry thoroughly.

**WARNING:** Always unplug your blender base before cleaning.

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

# GINGERED AÇAÍ

**PREP:** 5 MINUTES | **CONTAINER:** 88-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 6 SERVINGS

## INGREDIENTS

2 1/2 tablespoons fresh ginger, peeled, minced  
5 cups pomegranate juice  
1 1/2 tablespoons stevia  
5 cups frozen strawberries  
2 frozen açai packets (4 ounces each) or  
2 cups frozen açai chunks

## DIRECTIONS

- 1 Place all ingredients in the 88-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE.
- 3 When program is complete, open the pour spout, pour into cups and serve.

# STRAWBERRY BANANA SMOOTHIE

**PREP:** 5 MINUTES | **CONTAINER:** 88-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 4 SERVINGS

## INGREDIENTS

5 small ripe bananas  
2 1/2 cups low-fat milk  
1/4 cup agave nectar  
5 cups frozen strawberries

## DIRECTIONS

- 1 Place all ingredients in the 88-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE.
- 3 When program is complete, open the pour spout, pour into cups and serve.

# ISLAND SUNRISE SMOOTHIE

**PREP:** 5 MINUTES | **CONTAINER:** 88-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 6 SERVINGS

## INGREDIENTS

1 cup pineapple chunks  
1 1/2 ripe bananas  
4 cups coconut water  
2 cups frozen mango chunks  
2 cup frozen strawberries

## DIRECTIONS

- 1 Place all ingredients in the 88-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE.
- 3 When program is complete, open the pour spout, pour into cups and serve.

# MANGO PROTEIN SHAKE

**PREP:** 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 1 SERVING

## INGREDIENTS

1 1/4 cups low-fat milk  
2 scoops vanilla protein powder  
1 cup frozen mango chunks

## DIRECTIONS

- 1 Place all ingredients in the 24-ounce Single-Serve Cup in the order listed.
- 2 Select SMOOTHIE.
- 3 When program is complete, remove blades from cup and serve.

**TIP** For leftovers, place lid tightly on Single-Serve Cup and store in refrigerator. When ready to enjoy, screw on Pro Extractor Blades® Assembly and re-blend.

# APPLE PIE SMOOTHIE

**PREP:** 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 1 SERVING

## INGREDIENTS

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

## DIRECTIONS

- 1 Place all ingredients in the 24-ounce Single-Serve Cup in the order listed.
- 2 Select SMOOTHIE.
- 3 When program is complete, remove blades from cup and serve.

**TIP** For leftovers, place lid tightly on Single-Serve Cup and store in refrigerator. When ready to enjoy, screw on Pro Extractor Blades® Assembly and re-blend.

# RISE & SHINE

**PREP:** 10 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 1 SERVING

## INGREDIENTS

$\frac{1}{2}$  Golden Delicious apple, peeled, cored, cut in half  
 2-inch piece English cucumber, cut in half  
 $\frac{1}{2}$  cup green grapes  
 1 teaspoon hemp hearts  
 $\frac{3}{4}$  cup kale leaves  
 4 mint leaves  
 1 teaspoon lemon juice  
 $\frac{1}{2}$  cup coconut water  
 $\frac{1}{2}$  cup ice

## DIRECTIONS

- 1 Place all ingredients in the 24-ounce Single-Serve Cup in the order listed.
- 2 Select EXTRACT.
- 3 When program is complete, remove blades from cup and serve.

# LEAN GREEN

**PREP:** 10 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 1 SERVING

## INGREDIENTS

$\frac{1}{2}$  small ripe banana  
 $\frac{1}{2}$  cup pineapple chunks  
 $\frac{1}{2}$  cup mango chunks  
 $\frac{1}{4}$  cup kale leaves  
 $\frac{1}{4}$  cup baby spinach  
 $\frac{1}{2}$  cup coconut water  
 1 cup ice

## DIRECTIONS

- 1 Place all ingredients in the 24-ounce Single-Serve Cup in the order listed.
- 2 Select EXTRACT.
- 3 When program is complete, remove blades from cup and serve.

**TIP** For leftovers, place lid tightly on Single-Serve Cup and store in refrigerator. When ready to enjoy, screw on Pro Extractor Blades® Assembly and re-blend.

# STRAWBERRY DAIQUIRI

**PREP:** 5 MINUTES | **CONTAINER:** 88-OUNCE TOTAL CRUSHING® PITCHER | **MAKES:** 5 SERVINGS

## INGREDIENTS

1 cup lime juice  
 1  $\frac{1}{3}$  cup light rum  
 5 cups frozen strawberries

## DIRECTIONS

- 1 Place all ingredients in the 88-ounce Total Crushing Pitcher in the order listed.
- 2 Select FROZEN.
- 3 When program is complete, open the pour spout, pour into glasses and serve.

FROZEN

## FRESH CITRUS MARGARITA

**PREP:** 5 MINUTES | **CONTAINER:** 88-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 6 SERVINGS

### INGREDIENTS

1 lime, peeled, cut in half, seeds removed  
1 lemon, peeled, cut in quarters, seeds removed  
1 cup orange juice  
1/3 cup triple sec  
2/3 cup tequila  
5 cups ice

### DIRECTIONS

- 1 Place all ingredients in the 88-ounce Total Crushing Pitcher in the order listed.
- 2 Select FROZEN.
- 3 When program is complete, open the pour spout, pour into glasses and serve.

## JALAPEÑO RANCH DIP

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE PRECISION PROCESSOR\* BOWL  
**ACCESSORY:** CHOPPING BLADE | **MAKES:** 2 CUPS

### INGREDIENTS

2 jalapeño peppers, cut in quarters, seeds removed  
2 cloves garlic, peeled  
1/4 cup fresh dill  
1/4 cup fresh parsley  
1 cup sour cream  
2 teaspoons lemon juice  
2 teaspoons onion powder  
Sliced vegetables, for serving  
Chips, for serving

### DIRECTIONS

- 1 Install the chopping blade in the Precision Processor Bowl. Place all ingredients in the bowl, except sliced vegetables and chips.
- 2 Select PUREE.
- 3 When processing is complete, transfer dip to a bowl and serve with sliced vegetables and chips as desired.

HIGH

## FROZEN STRAWBERRY PEACH TREAT

**PREP:** 5 MINUTES | **CONTAINER:** 88-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 6 SERVING

### INGREDIENTS

3/4 cup low-fat vanilla yogurt  
1 1/2 cups whole milk  
1 teaspoon vanilla extract  
3 tablespoons agave nectar  
2 cups frozen peaches  
2 1/2 cups frozen strawberries

### DIRECTIONS

- 1 Place all ingredients in the 88-ounce Total Crushing Pitcher in the order listed.
- 2 Select HIGH until smooth.
- 3 When blending is complete, remove lid and stacked blade from pitcher. Scoop into bowls and serve immediately.

## RATATOUILLE

**PREP:** 20 MINUTES | **CONTAINER:** 72-OUNCE PRECISION PROCESSOR® BOWL  
**ACCESSORY:** REVERSIBLE DISC | **COOK:** 30 MINUTES | **MAKES:** 6-8 SERVINGS

## INGREDIENTS

1 jar (23 ounces) roasted garlic tomato sauce  
 1 large zucchini, cut in half lengthwise, ends trimmed  
 1 large summer squash, cut in half lengthwise, ends trimmed  
 1 large Japanese eggplant, cut in half lengthwise, ends trimmed  
 4 Roma tomatoes, ends trimmed  
 2 tablespoons fresh oregano, minced  
 2 tablespoons fresh thyme, minced  
 2 tablespoons olive oil  
 Kosher salt, as desired  
 Ground black pepper, as desired  
 1 pound fresh mozzarella cheese, cut in quarters lengthwise, then sliced into 1/4-inch thick pieces  
 1 wedge (4 ounces) Parmesan cheese

## DIRECTIONS

- 1 Preheat oven to 375°F. Pour tomato sauce into a 14-inch baking dish and set aside.
- 2 Install the disc spindle in the Precision Processor Bowl. Place the reversible disc, slicing side up, on the spindle. Install the feed chute lid and place zucchini in feed chute. Select DISC, then use the pusher to push zucchini through the chute. Repeat this process with the summer squash, eggplant, and tomatoes and transfer to a bowl.
- 3 Add oregano, thyme, olive oil, salt, and pepper to the bowl and toss to coat.
- 4 Clean the processor bowl, then flip reversible disc to the shredding side up on the spindle. Install the feed chute lid and place Parmesan cheese in feed chute. Select DISC, then use the pusher to push parmesan through the chute.
- 5 Working in a circular motion, layer the mozzarella cheese and vegetables on top of each other in alternating order over tomato sauce in baking dish. Place in oven and allow to cook for 20 minutes.
- 6 After 20 minutes, increase the temperature to 425°F. Sprinkle the shredded Parmesan cheese on top and allow to cook for another 10 minutes.
- 7 When cooking is complete, remove ratatouille from oven and allow to cool for 5 minutes. Serve hot.

## SWEET POTATO FALAFEL WITH TZATZIKI SAUCE

**PREP:** 15 MINUTES | **CONTAINER:** 72-OUNCE PRECISION PROCESSOR® BOWL  
**ACCESSORY:** CHOPPING BLADE | **COOK:** 30 MINUTES | **MAKES:** 28 FALAFEL

## INGREDIENTS

## FALAFEL

Nonstick cooking spray  
 2 cups frozen diced sweet potatoes, cooked  
 1 can (14 ounces) chickpeas, drained  
 1 small yellow onion, peeled, ends trimmed, cut in quarters  
 2 cloves garlic, peeled  
 1 cup cilantro  
 3 teaspoons cumin  
 2 teaspoons chili powder  
 1/2 teaspoon cayenne pepper  
 2 teaspoons garlic powder  
 1/4 cup corn meal  
 Kosher salt, as desired  
 Ground black pepper, as desired

## SAUCE

3/4 cup Greek yogurt  
 1/2 cup sour cream  
 1 teaspoon lemon juice  
 1/4 cup fresh dill  
 2 cloves garlic, peeled  
 2 teaspoons garlic powder  
 1 teaspoon onion powder  
 Kosher salt, as desired  
 Ground black pepper, as desired  
 1/4 cup cucumber, diced

## DIRECTIONS

- 1 Preheat oven to 400°F. Line a baking pan with parchment paper, coat paper with nonstick cooking spray and set aside.
- 2 Install the chopping blade in the Precision Processor Bowl. Place all falafel ingredients in bowl and select CHOP. Scrape down sides with a spatula and select CHOP again. Once the program has completed, run the CHOP program a third time.
- 3 Using a 1-inch scoop, form mixture into balls and place on prepared baking pan. Place in the oven for 30 minutes or until golden brown.
- 4 While the falafel is baking, clean the bowl, then reinstall the chopping blade in it. Add all sauce ingredients except cucumber and select PUREE. Pour sauce into a medium bowl and stir in cucumber.
- 5 When cooking is complete, remove falafel from oven and allow to cool for 5 minutes. Serve with sauce.

**TIP** If needed, use 1 large fresh sweet potato in place of frozen diced sweet potatoes. Dice and cook in boiling water until soft. Allow to cool before processing.

# ORANGE BREAKFAST SCONES

**PREP:** 15 MINUTES | **CONTAINER:** 72-OUNCE PRECISION PROCESSOR® BOWL  
**ACCESSORY:** DOUGH BLADE | **BAKE:** 15-20 MINUTES | **MAKES:** 8 SCONES

## INGREDIENTS

### DOUGH

2 cups all-purpose flour  
 1/3 cup granulated sugar  
 1 tablespoon baking powder  
 1/2 teaspoon kosher salt  
 Zest of 1 orange  
 1 stick (1/2 cup) butter, cold, cut in cubes  
 1 large egg  
 1/4 cup sour cream  
 1/4 cup heavy cream, plus more for brushing  
 1/2 teaspoon vanilla extract

### GLAZE

2 cups confectioners' sugar  
 1/4 teaspoon vanilla extract  
 Juice of 1 orange (approx. 3 tablespoons)

## DIRECTIONS

- 1 Preheat oven to 400°F. Line a baking pan with parchment paper and set aside.
- 2 Install the dough blade in the Precision Processor Bowl. Place all dough ingredients in bowl. Install the lid, then select DOUGH.
- 3 Lightly flour a clean work surface, then roll dough into a 1-inch thick round. Cut the round into 8 triangles.
- 4 Place dough triangles on prepared pan and brush with heavy cream.
- 5 Place pan in oven and bake for 15-20 minutes or until golden brown.
- 6 When cooking is complete, allow scones to cool slightly. As they are cooling, clean the bowl and dough blade, reinstall dough blade in the bowl, then place all glaze ingredients in the bowl. Install the lid, then select LOW until glaze is evenly mixed. Stop program and scrape down sides of bowl as needed.
- 7 Pour glaze over scones and serve.

# NO-BAKE KEY LIME CHEESECAKE

**PREP:** 15 MINUTES | **CONTAINER:** 72-OUNCE PRECISION PROCESSOR® BOWL  
**ACCESSORY:** CHOPPING BLADE, DOUGH BLADE | **CHILL:** 2 HOURS | **MAKES:** 12 SERVINGS

## INGREDIENTS

### CRUST

Nonstick cooking spray  
 16 graham crackers, broken in half  
 1 1/2 sticks (3/4 cup) butter, melted

### FILLING

2 packages (8 ounces each) cream cheese, cut in cubes, softened  
 1 cup confectioners' sugar  
 2/3 cup lime juice  
 1/2 teaspoon vanilla extract  
 3/4 cup heavy cream

## DIRECTIONS

- 1 Lightly spray a 9x9-inch pan or 9-inch round pan with nonstick cooking spray and line with parchment paper, then set aside.
- 2 Install the chopping blade in the Precision Processor Bowl. Place graham crackers in the bowl. Install the lid, then select HIGH and run until the graham crackers resemble sand.
- 3 Remove lid and add melted butter to the graham crackers. Install the lid, then select LOW and run until mixture is evenly combined.
- 4 Transfer graham cracker mixture to the prepared pan. Spread into an even layer and press into pan to form a crust. Place in freezer while preparing the filling.
- 5 Clean the bowl, then install the dough blade in the bowl. Place all filling ingredients in it. Install the lid, then select HIGH and run until program is complete.
- 6 Pour filling over prepared crust and spread in an even layer. Chill for at least 2 hours, then cut and serve.

# NINJA<sup>®</sup> DELUXE KITCHEN SYSTEM

For questions or to register your product,  
visit us online at [ninjakitchen.com](http://ninjakitchen.com)



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