

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

NINJA

SMOOTHIE*IQ*[™]
B L E N D E R

QUICK START GUIDE

+ 15 IRRESISTIBLE RECIPES

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NINJA SMOOTHIEiQ™ BLENDER

QUICK ASSEMBLY

CLEANING

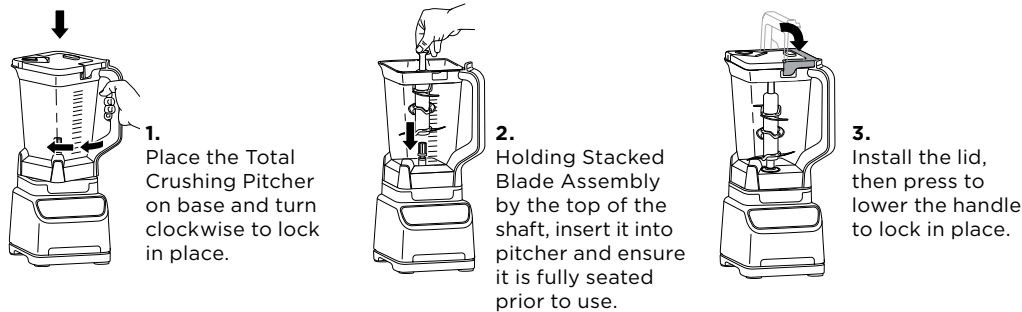
Dishwasher: All parts except the motor base are top-rack dishwasher safe and should **NOT** be cleaned with a heated dry cycle. Ensure the blade assembly is removed from the container before placing in the dishwasher.

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


WARNING: Always unplug the blender base before cleaning.

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

TOTAL CRUSHING® PITCHER



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

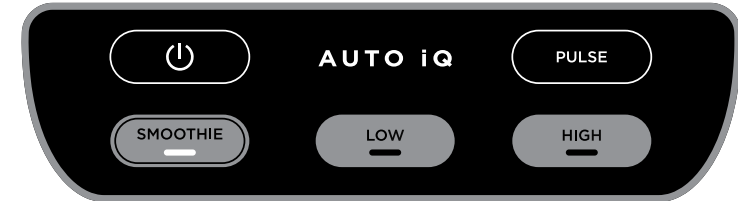
Once the Total Crushing® Pitcher is locked onto base, press the Power button  to turn the unit on.

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 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.

NINJA SMOOTHIEiQ™ BLENDER

SMOOTHIE AUTO-iQ® PROGRAM

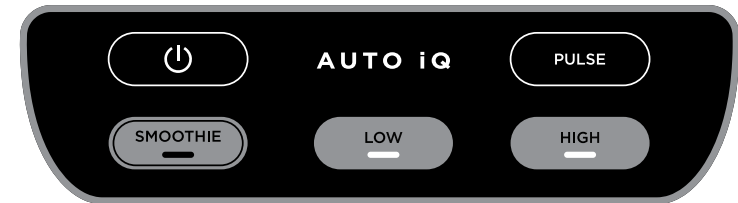
This intelligent preset smoothie program combines unique blending and pausing patterns that do the work for you. Once selected, it will start immediately and automatically stop when blending is complete. To stop blending before the end of the program, press the SMOOTHIE button again.



Smoothie Program

Make a batch of super-smooth, sippable drinks and shakes from fresh or frozen fruit, liquids, and ice.

MANUAL PROGRAMS



LOW 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 the 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.

TIP: Use PULSE to quickly chop onions, celery, carrots, and more.

WATERMELON QUENCH

PREP: 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING* PITCHER | **MAKES:** 1 SERVING

INGREDIENTS

2 1/2 cups watermelon chunks,
cut in 1-inch pieces
2 cups pomegranate juice
1 cup frozen peach slices

DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE to start program.
- 3 When blending is complete, open pour spout and serve.

BANANA MOCHA ALMOND SMOOTHIE

PREP: 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING* PITCHER | **MAKES:** 2-3 SERVINGS

INGREDIENTS

1 large ripe banana, cut in half
1 cup strongly brewed coffee, cooled
1 cup almond milk
3 tablespoons creamy almond butter
2 teaspoons agave nectar
3 tablespoons cocoa powder
2 1/2 cups ice

DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE to start program.
- 3 When blending is complete, open pour spout and serve.

DO NOT BLEND HOT INGREDIENTS.

ISLAND SUNRISE SMOOTHIE

PREP: 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING* PITCHER | **MAKES:** 4 SERVINGS

INGREDIENTS

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

DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE to start program.
- 3 When blending is complete, open pour spout and serve.

TROPICAL CHILL

PREP: 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING* PITCHER | **MAKES:** 2-4 SERVINGS

INGREDIENTS

1 ripe banana, cut in half
1/2 cup honeydew melon chunks
1/4 lime, peeled, cut in half, seeds removed
1 1/2 cups coconut water
2 cups frozen pineapple chunks
1 cup ice

INSTRUCTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE to start program.
- 3 When blending is complete, open pour spout and serve.

CINNAMON & COFFEE SMOOTHIE

PREP: 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING* PITCHER | **MAKES:** 2-3 SERVINGS

INGREDIENTS

1/2 cup strongly brewed coffee, cooled
1 square (1 ounce) dark chocolate
1 cup rice milk
1 teaspoon ground cinnamon
1/2 cup low-fat vanilla yogurt
4-6 ice cubes

DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE to start program.
- 3 When blending is complete, open pour spout and serve.

DO NOT BLEND HOT INGREDIENTS.

SUNSET SMOOTHIE

PREP: 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING* PITCHER | **MAKES:** 2 SERVINGS

INGREDIENTS

1 cup pineapple chunks
1 orange, peeled, cut in half
1 cup orange juice
1 cup frozen mango chunks
1 cup frozen strawberries

DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE to start program.
- 3 When blending is complete, open pour spout and serve.

STRAWBERRY BANANA SMOOTHIE

PREP: 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING* PITCHER | **MAKES:** 4 SERVINGS

INGREDIENTS

2 cups low-fat milk
4 cups frozen strawberries
4 small ripe bananas, cut in quarters
1/4 cup agave nectar

DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE to start program.
- 3 When blending is complete, open pour spout and serve.

PEP IN YOUR STEP SOUP

PREP: 10 MINUTES | **COOK:** 10 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING* PITCHER
MAKES: 3 SERVINGS

INGREDIENTS

3 red bell peppers, roasted, peeled, cooled
1/4 cup sundried tomatoes
2 cloves garlic, peeled
1/4 cup white wine
1/4 bunch Italian parsley, trimmed
1 cup low-sodium vegetable broth
Kosher salt, to taste
Ground black pepper, to taste
Balsamic vinegar, for garnish

DIRECTIONS

- 1 Place all ingredients, except balsamic vinegar, into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select HIGH to start blending (program will run for 60 seconds). Repeat until desired consistency is reached.
- 3 When blending is complete, open pour spout and transfer soup to a medium saucepan and simmer until heated through, about 10 minutes. Serve in bowls garnished with a splash of balsamic vinegar.

DO NOT BLEND HOT INGREDIENTS.

SUN-DRIED TOMATO SAUCE

PREP: 15 MINUTES | **COOK:** 25 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER
MAKES: 2-4 SERVINGS

INGREDIENTS

1 onion, peeled, cut in quarters
 4 cloves garlic, peeled
 1 tablespoon canola oil
 1 can (28 ounces) whole peeled tomatoes
 1 jar (6 ounces) sun-dried tomatoes packed in olive oil
 1/2 cup dry red wine
 1/2 teaspoon crushed red pepper
 Kosher salt, to taste
 Ground black pepper, to taste
 1/4 bunch basil, chopped, for garnish

DIRECTIONS

- 1 Place the onion and garlic into the 72-ounce Total Crushing Pitcher. PULSE until roughly chopped.
- 2 Heat the oil in a medium saucepan over medium heat. Add the onion and garlic. Sauté for 5 minutes, or until softened.
- 3 Place the tomatoes, sun-dried tomatoes, red wine, and crushed red pepper into the 72-ounce Total Crushing Pitcher. Select HIGH to start blending (program will run for 60 seconds). Repeat until desired consistency is reached.
- 4 When blending is complete, open pour spout and add the tomato sauce to the saucepan with garlic and onions. Add salt and pepper and simmer sauce for 20 minutes.
- 5 When cooking is complete, serve sauce with your favorite pasta dish. Sauce can be refrigerated in an air tight container for up to 7 days.

DO NOT BLEND HOT INGREDIENTS.

BUTTERNUT SQUASH SOUP

PREP: 20 MINUTES | **COOK:** 40-45 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER
MAKES: 8 SERVINGS

INGREDIENTS

3 tablespoons olive oil
 1 large yellow onion, peeled, chopped
 1 cup raw cashews
 1 large apple, peeled, cored, chopped
 1 large carrot, peeled, chopped
 2 pounds butternut squash, peeled, cubed
 1 teaspoon fresh thyme leaves
 1 bay leaf
 4 cups vegetable stock
 Kosher salt, to taste
 Ground black pepper, to taste

DIRECTIONS

- 1 Heat oil in a large saucepan over medium heat. Add the onions, cooking until they begin to soften, about 5 minutes. Add the cashews and cook, stirring, for about 5 minutes.
- 2 Add the apple, carrot, squash, thyme, and bay leaf to the saucepan and cook for 5 minutes. Add the stock and stir to combine. Bring the soup to a boil and then reduce the heat to medium-low. Allow soup to simmer until the squash is easily pierced with a knife, 20-25 minutes. Remove and discard bay leaf.
- 3 Allow the soup to cool to room temperature.
- 4 Working in two batches, ladle half the cooled soup into the 72-ounce Total Crushing Pitcher. Select HIGH to start blending (program will run for 60 seconds). Repeat until desired consistency is reached. Repeat with remaining soup.
- 5 When blending is complete, transfer soup back to saucepan. Add salt and pepper and cook simmer over medium low heat until heated through. Serve warm.

DO NOT BLEND HOT INGREDIENTS.

CHIPOTLE SALSA

PREP: 10 MINUTES | **CHILL:** 1 HOUR | **CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER | **MAKES:** 4 CUPS

INGREDIENTS

2 cans (10 ounces each) whole peeled tomatoes, drained
 1 small white onion, peeled, cut in quarters
 1 jalapeño 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
 Kosher salt, to taste
 Ground black pepper, to taste

DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select PULSE until desired consistency is reached.
- 3 When blending is complete, open pour spout and transfer salsa to serving bowl. Cover and refrigerate for at least 1 hour before serving.

BROCCOLI CHEDDAR SOUP

PREP: 15 MINUTES | **COOK:** 35–40 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER
MAKES: 6 SERVINGS

INGREDIENTS

3 tablespoons butter
1/2 small yellow onion, peeled, chopped
1 medium carrot, peeled, chopped
2 tablespoons flour
3 cups chicken broth
3 cups broccoli florets
1 cup whole milk
3/4 cup shredded cheddar cheese
Kosher salt, to taste
Ground black pepper, to taste

DIRECTIONS

- 1 Place butter into a heavy-bottom saucepan over medium heat; stir until melted. Add onion and carrot and cook until tender, about 5 minutes.
- 2 Whisk in the flour and cook 5 more minutes. Add broth and continue stirring as mixture thickens. Add broccoli and simmer over medium heat until tender, 20–25 minutes, stirring occasionally. Let cool to room temperature.
- 3 Place cooled soup into the 72-ounce Total Crushing Pitcher. Select HIGH to start blending (program will run for 60 seconds). Repeat until desired consistency is reached.
- 4 When blending is complete, transfer soup back to saucepan. Add milk, cheese, salt and pepper. Simmer over medium low heat until heated through. Serve warm.

DO NOT BLEND HOT INGREDIENTS.

WATERMELON MINT GRANITA

PREP: 10 MINUTES | **FREEZE:** 3–4 HOURS | **CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER
MAKES: 2–4 SERVINGS

INGREDIENTS

6 cups watermelon chunks, cut in 1-inch pieces
1 tablespoon lime juice
3 tablespoons agave nectar
6 mint leaves

DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select HIGH to start blending (program will run for 60 seconds). Repeat until desired consistency is reached. Strain watermelon juice and discard pulp.
- 3 When blending is complete, open pour spout and transfer watermelon juice into a 9x5-inch loaf pan. Freeze 3–4 hours, or until almost solid. Shave granita with a fork and serve in glasses.

FROZEN STRAWBERRY PEACH TREAT

PREP: 10 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER | **MAKES:** 1 SERVING

INGREDIENTS

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

DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select HIGH to start blending (program will run for 60 seconds). Repeat until desired consistency is reached.
- 3 When blending is complete, open pour spout and serve.

COCONUT PINEAPPLE SORBET

PREP: 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER | **MAKES:** 4 SERVINGS

INGREDIENTS

1 cup frozen pineapple chunks
1 small frozen ripe banana
1 tablespoon fresh lime juice
1/2 cup light coconut milk
1 tablespoon agave nectar
1 teaspoon grated fresh ginger

DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select HIGH to start blending (program will run for 60 seconds). Repeat until desired consistency is reached.
- 3 When blending is complete, transfer sorbet to bowls and serve immediately.

NINJA SMOOTHIE*IQ*™ BLENDER

For questions or to register your product,
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