

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

NINJA®

TOTAL CRUSHING®

KITCHEN SYSTEM WITH AUTO-IQ®

**QUICK
START
GUIDE**

+ 10 IRRESISTIBLE RECIPES

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NINJA® TOTAL CRUSHING® KITCHEN SYSTEM

QUICK ASSEMBLY

USING THE SINGLE-SERVE CUP

PARTS



SINGLE-SERVE CUP

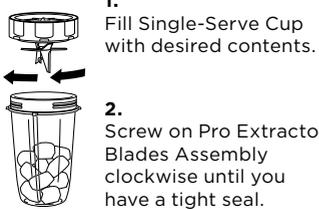


SPOUT LID



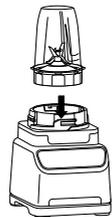
PRO EXTRACTOR
BLADES® ASSEMBLY

ASSEMBLY



1. Fill Single-Serve Cup with desired contents.

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

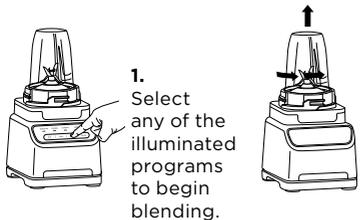


3. Flip cup upside down and lower it onto base.



4. Turn cup clockwise to lock in place.

BLEND & ENJOY



1. 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 program buttons 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

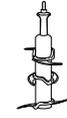
PARTS



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.

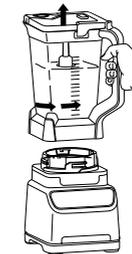


3. Install the lid, then press to lower the handle to lock in place.

BLEND & ENJOY



1. Select any of the illuminated programs to begin.



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 program buttons 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



**PRECISION
PROCESSOR
BOWL**



**PRECISION
PROCESSOR
BOWL LID**

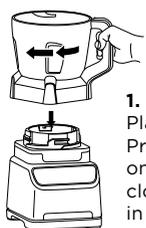


**CHOPPING
BLADE
ASSEMBLY**



**DOUGH
BLADE
ASSEMBLY**

BLADE ASSEMBLY



1. Place Precision Processor Bowl on base and turn clockwise to lock in place.



2. Holding the blade assembly by the top of the shaft, insert it into bowl.



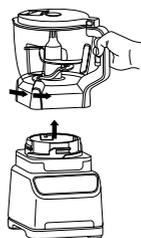
3. Place feed chute lid on bowl and turn clockwise until you hear a click.

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

PROCESS & ENJOY



1. Select any of the illuminated programs to begin processing.



2. When processing is complete, remove bowl from base by turning it counterclockwise, then lifting it off.



3. Remove the lid by pressing the button near the handle to unlock, then turning counterclockwise to remove. Remove blade assembly before emptying bowl.

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

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® TOTAL CRUSHING® KITCHEN SYSTEM WITH AUTO-IQ®

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.

SINGLE-SERVE CUP



SMOOTHIE
Fresh/Frozen Fruits
Milk/Yogurt
Protein Shakes

FROZEN
Margaritas
Daiquiris
Milkshakes

EXTRACT
Whole Fruits/Vegetables
Fibrous Ingredients
Seeds

TOTAL CRUSHING® PITCHER



SMOOTHIE
Fresh/Frozen Fruits
Milk/Yogurt
Protein Shakes

FROZEN
Margaritas
Daiquiris
Milkshakes

PRECISION PROCESSOR® BOWL



CHOP
Veggie Prep
Salsas
Mincing

DOUGH
Pizza
Bread
Cookies

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 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 the 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.

ISLAND SUNRISE SMOOTHIE

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

INGREDIENTS

1 cup pineapple chunks
1 ripe banana
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.
- 3 When program is complete, open the pour spout, pour into cups and serve.

SUNSET SMOOTHIE

PREP: 5 MINUTES | **CONTAINER:** 18-OUNCE SINGLE-SERVE CUP | **MAKES:** 1 SERVING

INGREDIENTS

1/2 cup pineapple chunks
1/2 orange, peeled, cut in half, seeds removed
1 cup orange juice
1/4 cup frozen strawberries
1/4 cup frozen mango chunks

DIRECTIONS

- 1 Place all the ingredients into the 18-ounce Single-Serve Cup in the order listed.
- 2 Select SMOOTHIE.
- 3 When program is complete, remove blades from cup and serve.

WATERMELON QUENCH

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

INGREDIENTS

2 1/2 cups watermelon chunks
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.
- 3 When program is complete, open the pour spout, pour into cups and serve.

LEAN GREEN EXTRACT

PREP: 10 MINUTES | **CONTAINER:** 18-OUNCE SINGLE-SERVE CUP | **MAKES:** 1 SERVING

INGREDIENTS

1/4 small ripe banana
1/4 cup pineapple chunks
1/4 cup mango chunks
1/4 cup kale leaves
1/4 cup baby spinach
1/4 cup coconut water
1/2 cup ice

DIRECTIONS

- 1 Place all ingredients into the 18-ounce Single-Serve Cup in the order listed.
- 2 Select EXTRACT.
- 3 When program is complete, remove blades from cup and serve.

EXTRACT

COOL GINGER PEAR EXTRACT

PREP: 5 MINUTES | **CONTAINER:** 18-OUNCE SINGLE-SERVE CUP | **MAKES:** 1 SERVING

INGREDIENTS

1 ripe pear, cored, cut in quarters
1/4-inch piece fresh ginger, peeled
2 teaspoons fresh lemon juice
2 1/4 cups cold water
Honey, to taste

DIRECTIONS

- 1 Place all ingredients into the 18-ounce Single-Serve Cup in the order listed.
- 2 Select EXTRACT.
- 3 When program is complete, remove blades from cup and serve.

JAMAICAN SCREWDRIVER

PREP: 10 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING* PITCHER | **MAKES:** 4 SERVINGS

INGREDIENTS

1 1/2 cups orange juice
1/2 cup vodka
1/2 cup light rum
2 ripe bananas
1 1/2 cups frozen pineapple chunks
2 cups ice
4 orange slices, for garnish

DIRECTIONS

- 1 Place all ingredients, except orange slices, into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select FROZEN.
- 3 When program is complete, open the pour spout, pour into chilled glasses and garnish with orange slices.

FROZEN

FRESH CITRUS MARGARITA

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

INGREDIENTS

1 lime, peeled, cut in half, seeds removed
1 lemon, peeled, cut in quarters, seeds removed
1/3 cup orange juice
1/4 cup triple sec
2/3 cup tequila
4 cups ice

DIRECTIONS

- 1 Place all ingredients into the 72-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.

GINGER PEANUT DRESSING

PREP: 10 MINUTES | **CONTAINER:** 64-OUNCE PRECISION PROCESSOR* BOWL
ACCESSORY: CHOPPING BLADE | **MAKES:** 1/2 CUP

INGREDIENTS

1/4 cup + 2 tablespoons rice wine vinegar
3 tablespoons vegetable oil
1 tablespoon sesame oil
1/4 cup + 1 tablespoon peanut butter
3 tablespoons brown sugar
3 tablespoons soy sauce
1 1/2-inch piece ginger, peeled, roughly chopped
4 cloves garlic, peeled

DIRECTIONS

- 1 Install the chopping blade in the 64-ounce Precision Processor Bowl. Place all ingredients in the bowl. Install the lid, then select HIGH and process until smooth and combined.
- 2 When processing is complete, serve dressing as desired, or transfer to an airtight container and refrigerate for up to 5 days.

FROZEN

HIGH

CHORIZO TACO DIP

PREP: 20 MINUTES | **COOK:** 35 MINUTES | **CONTAINER:** 64-OUNCE PRECISION PROCESSOR® BOWL
ACCESSORY: CHOPPING BLADE | **MAKES:** 10-12 SERVINGS

INGREDIENTS

1/2 medium onion, peeled, cut in quarters
 1 green bell pepper, seeds removed, cut in quarters
 1 package (16 ounces) ground chorizo
 1 package (8 ounces) low-fat cream cheese
 1/2 cup low-fat ranch dressing
 1 cup salsa
 1 cup shredded Colby-Jack cheese
 1 package (1.25 ounces) low-sodium taco seasoning
 1 cup sliced black olives
 Tortilla chips, to serve

DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 Place the onion and green bell pepper into the 64-ounce Precision Processor Bowl. PULSE until evenly chopped.
- 3 Place saucepan over medium-high heat and sauté ground chorizo with onion and pepper mixture until vegetables are tender, stirring occasionally, about 10 minutes. Drain the excess fat and transfer mixture to a large bowl.
- 4 Place the cream cheese, ranch dressing, salsa, Colby-Jack cheese, and taco seasoning into the 64-ounce Precision Processor Bowl. PULSE until well combined.
- 5 Add the cream cheese mixture and black olives to the chorizo mixture in the pan and stir to combine.
- 6 Transfer mixture to a 9x9-inch baking dish. Bake for 25 minutes or until heated through. Serve with tortilla chips.

ORANGE BREAKFAST SCONES

PREP: 15 MINUTES | **BAKE:** 15-20 MINUTES | **CONTAINER:** 64-OUNCE PRECISION PROCESSOR® BOWL
ACCESSORY: DOUGH BLADE | **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 64-ounce Precision Processor Bowl. Place all dough ingredients in bowl. Install the lid, then select DOUGH.
- 3 Lightly flour a clean work surface. When processing is complete, carefully remove dough from bowl and roll 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.

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