

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



NINJA®

COMPACT
KITCHEN SYSTEM
WITH AUTO-IQ®

15 quick & easy recipes



IT'S ALL THAT AND A BAG OF KALE CHIPS.

Introducing the all-in-one smoothie-smoother, ice-crusher,
veggie-sneaker-inner, milkshake-shaker, cookie-dough-mixer,
meal-whipper-upper, time-saver, great-big-happy-family-maker.

Whew. See? You can have it all—in the kitchen at least.

Now, go take a nap. You deserve it.

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LOAD IT UP

Now it's time to take your Ninja® Kitchen System for a spin. When it comes to loading the containers, order is everything. Use these Quick Tips and visual guide to ensure your recipes turn out smooth and delicious every time.



TIPS: For an even blend in the 40-ounce Precision Processor®, place harder, denser foods at the bottom, near the blades, and softer foods on top.

Don't overfill the 18-ounce Single-Serve Cup. If you feel resistance when fastening the blade assembly to the cup, remove some ingredients.



CAUTION: Remove the Pro Extractor Blades® Assembly from the Single-Serve Cup upon completion of blending. Do not store ingredients before or after blending them in the cup with the blade assembly attached. Some foods may contain active ingredients or release gases that will expand if left in a sealed container, resulting in excessive pressure buildup that can pose a risk of injury. For ingredient storage in the cup, use only Spout Lid to cover.



5

Top off with ice or frozen ingredients.

4

Next, add any dry or sticky ingredients.

Like seeds, powders, and nut butters.

3

Pour in liquid or yogurt next.

For thinner results or a more juice-like drink, add liquid as desired.

2

Next, add leafy greens and herbs.

START FROM THE BOTTOM UP

1

Start by adding fresh fruits and vegetables.

For best results, cut ingredients in 1-inch chunks.

BLUEBERRY LEMON REFRESHER

PREP: 5 MINUTES

CONTAINER: 18-OUNCE SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

1 cup coconut water
Zest and juice of 1/2 lemon
1/2 cup vanilla Greek yogurt
1/2 cup frozen blueberries
1 cup frozen mango chunks

DIRECTIONS

- 1** Place the ingredients into the 18-ounce Single-Serve Cup in the order listed.
- 2** Select SMOOTHIE.
- 3** Remove blades from cup after blending.



COOL HONEYDEW CLEANSER

PREP: 5 MINUTES

CONTAINER: 18-OUNCE SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

- 2-inch piece peeled cucumber, cut in half
- 1/2 cup honeydew melon, cut in 1-inch pieces
- 1/2 cup pineapple, cut in 1-inch pieces
- 1/4 cup water
- 1/4 cup ice cubes

DIRECTIONS

- 1 Place the ingredients into the 18-ounce Single-Serve Cup in the order listed.
- 2 Select SMOOTHIE.
- 3 Remove blades from cup after blending.



KALE CACAO SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 18-OUNCE SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

- 1/2 cup kale leaves
- 1 small frozen banana, cut in quarters
- 2 dates, pits removed
- 1 teaspoon unsweetened cacao powder
- 1 scoop chocolate protein powder
- 1 1/4 cup unsweetened coconut milk
- 1/4 cup ice cubes

DIRECTIONS

- 1 Place the ingredients into the 18-ounce Single-Serve Cup in the order listed.
- 2 Select SMOOTHIE.
- 3 Remove blades from cup after blending.



GINGER PEAR DEFENSE

PREP: 5 MINUTES

CONTAINER: 18-OUNCE SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

1 ripe pear, cored, cut in quarters
1/2 cup cantaloupe, cut in 1-inch pieces
1/4 lemon peeled, seeds removed
1/2-inch piece fresh ginger, peeled
1/2 cup ice cubes

DIRECTIONS

1. Place the ingredients into the 18-ounce Single-Serve Cup in the order listed.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.



GREEN DETOX SPLASH

PREP: 5 MINUTES

CONTAINER: 18-OUNCE SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

1 Golden Delicious apple, peeled, cored, cut in eighths

1/2 ripe banana

1 cup Swiss chard leaves

1/2 cup parsley leaves

1/4 cup broccoli sprouts

2 teaspoons lemon juice

1/2 cup water

1/2 cup ice cubes

DIRECTIONS

1. Place the ingredients into the 18-ounce Single-Serve Cup in the order listed.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.





GREEK PIZZA NIGHT

PREP: 15 MINUTES

REST: 1 HOUR

COOK: 20-25 MINUTES

CONTAINER: 40-OUNCE PRECISION PROCESSOR® BOWL

MAKES: 12 SERVINGS

INGREDIENTS

PIZZA DOUGH:

1 packet (1/4 ounce) active dry yeast

1 teaspoon granulated sugar

1 1/4 cups warm water (105-110°F)

4 cups all-purpose flour

1 teaspoon kosher salt

1/2 cup olive oil

Reserved flour

Reserved water

TOPPINGS:

Your favorite pizza sauce

2 cups low-fat mozzarella cheese

1 cup broccoli florets

1 cup red pepper, thinly sliced

1/4 cup sliced black olives

1/4 cup crumbled feta cheese

DOUGH/MIX

DIRECTIONS

1. Combine yeast, sugar, and warm water in a small bowl and set aside until foamy, about 5 minutes.
2. Install the dough blade in the 40-ounce Precision Processor Bowl and add flour, salt, olive oil, and yeast mixture. Select DOUGH/MIX. Remove dough and form into a ball. Place ball into a lightly oiled bowl and cover loosely with plastic wrap; allow to rest and rise for 1 hour, until dough has doubled in size.
3. Preheat oven to 375°F. Lightly spray a cookie sheet or pizza pan with nonstick spray. Remove dough from the bowl and flatten out, gently pushing dough all the way to the edges of the pan and 1/2 inch up the edge to form a crust.
4. Spoon your favorite pizza sauce evenly onto dough, then top with mozzarella cheese, broccoli, red peppers, olives, and feta cheese.
5. Bake for 20 to 25 minutes, checking halfway through, until crust is golden brown.



LEMON BARS

PREP: 20 MINUTES

COOK: 35-40 MINUTES

CONTAINER: 40-OUNCE PRECISION PROCESSOR® BOWL

MAKES: 12 SERVINGS

INGREDIENTS

1 cup (2 sticks) unsalted butter, softened

2 cups granulated sugar, divided

2 ¹/₃ cups all-purpose flour, divided

4 large eggs

²/₃ cup freshly squeezed lemon juice

Confectioners' sugar

DIRECTIONS

1. Preheat oven to 350°F.
2. Install the dough blade in the 40-ounce Precision Processor Bowl and add butter, ¹/₃ cup sugar, and 2 cups flour. Select DOUGH/MIX.
3. Press dough into bottom of an ungreased 9x13-inch baking dish. Bake 15 minutes or until firm and golden in color. Cool for 10 minutes.
4. Place remaining sugar, remaining flour, eggs, and lemon juice into the 40-ounce Precision Processor Bowl. Select DOUGH/MIX and blend until ingredients are smooth and sugar is dissolved.
5. Pour lemon mixture over par-baked crust. Bake 20 to 25 minutes. Lemon bars will be soft after baking but will firm as they cool.
6. Cool completely, then dust with confectioners' sugar.

DOUGH/MIX



ALMOND PEANUT BUTTER CHIP MUFFINS

PREP: 12 MINUTES

COOK: 8-10 MINUTES

CONTAINER: 40-OUNCE PRECISION PROCESSOR® BOWL

MAKES: 12 SERVINGS

INGREDIENTS

1/2 cup almond butter

1 medium ripe banana, cut in half

1 egg

1/2 teaspoon vanilla extract

2 tablespoons maple syrup

1/4 teaspoon baking powder

1/2 cup peanut butter chips

DOUGH/MIX

DIRECTIONS

1. Preheat oven to 400°F. Lightly grease a mini muffin tin and set aside.
2. Install the dough blade in the 40-ounce Precision Processor Bowl and add all ingredients except the peanut butter chips.
3. Transfer batter to a mixing bowl, stir in the peanut butter chips and then spoon into the muffin tins until nearly full. Bake for 8 to 10 minutes then serve.



SOFT PRETZELS

PREP: 15 MINUTES

COOK: 1 HOUR

CONTAINER: 40-OUNCE PRECISION PROCESSOR® BOWL

MAKES: 6 LARGE PRETZELS

INGREDIENTS

$\frac{3}{4}$ cup warm water (110-115°F)

1 tablespoon granulated sugar

1 package ($\frac{1}{4}$ ounce) active dry yeast

3 teaspoons kosher salt or coarse sea salt, divided

2 $\frac{1}{4}$ cups all-purpose flour

2 tablespoons unsalted butter, melted

Vegetable oil, for coating pans

10 cups water

$\frac{2}{3}$ cup baking soda

1 large egg yolk + 1 tablespoon water,
beaten to make an egg wash

DOUGH/MIX

DIRECTIONS

1. Combine water, sugar, and yeast in a small bowl; let sit for 5 minutes to activate yeast
2. Install the dough blade in the 40-ounce Precision Processor Bowl and add yeast mixture, 1 teaspoon salt, flour, and butter. Select DOUGH/MIX.
3. Form dough into a ball and place in a lightly oiled mixing bowl. Cover with plastic wrap and let sit in a warm place for 1 hour or until dough has doubled in size.
4. Preheat oven to 450°F. Line two baking pans with parchment paper and lightly brush with vegetable oil; set aside.
5. In a large saucepan, bring 10 cups water and baking soda to a boil.
6. While water is coming to a boil, turn dough out onto a floured surface and divide into 6 pieces. Roll each piece into a 24-inch rope. Form each rope into a U shape on the floured surface. Holding one end of the rope in each hand, cross the ends over each other, then press them onto the bottom of the U to form a pretzel. Place pretzels on the lined pans.
7. Place pretzels one at a time in the boiling water for 30 seconds. Remove them using a large flat spatula and return them to the lined pans. Brush each with egg wash, then sprinkle with some of the remaining salt. Bake until dark golden brown, about 12 to 14 minutes. Transfer to a cooling rack and let stand at least 5 minutes before serving.

CHOCOLATE BANANA MOUSSE

PREP: 5 MINUTES

CONTAINER: 40-OUNCE PRECISION PROCESSOR® BOWL

MAKES: 4 SERVINGS

INGREDIENTS

2 medium ripe bananas, cut in quarters

2 ripe avocados, peeled, cut in quarters,
pits removed

1/4 cup chocolate sauce

1/2 orange, juiced

2 tablespoons cocoa powder

DIRECTIONS

1. Install the dough blade in the 40-ounce Precision Processor Bowl and add all ingredients in the order listed.
2. Select DOUGH/MIX, scraping down the sides of the bowl as needed.
3. Place mousse into an airtight container and refrigerate until chilled.





WATERMELON QUENCH

PREP: 5 MINUTES

CONTAINER: 72-OUNCE TOTAL CRUSHING® PITCHER

MAKES: 4 SERVINGS

INGREDIENTS

2 1/2 cups watermelon, cut in 1-inch pieces

2 cups pomegranate juice

1 cup frozen peaches

DIRECTIONS

1. Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
2. Select FROZEN.

FROZEN



TROPICAL COOLER

PREP: 15 MINUTES

CONTAINER: 72-OUNCE TOTAL CRUSHING® PITCHER

MAKES: 8 SERVINGS

INGREDIENTS

1/3 English cucumber, peeled, cut in quarters

1 cup pineapple, cut in 1-inch pieces

1/2 jalapeño pepper, seeds removed

1/2-inch piece fresh ginger, peeled

1/4 teaspoon ground coriander

1 1/2 lime, juiced

1 1/2 cups coconut water

3 tablespoons agave nectar

1/4 cup silver tequila

3 1/2 cups frozen mango chunks

1 1/2 ice cubes

GARNISH

1/4 cup margarita salt

1/4 heaping teaspoon cayenne pepper

1 slice lime

8 slices English cucumber

FROZEN

DIRECTIONS

1. Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
2. Select FROZEN.
3. For the garnish, combine salt and cayenne pepper on a small plate. Wet the rims of 8 glasses with the slice of lime, then turn the glasses over in the salt and cayenne mixture. Divide margarita between the glasses and garnish each with a cucumber slice.



STRAWBERRY DAIQUIRI

PREP: 10 MINUTES

CONTAINER: 72-OUNCE TOTAL CRUSHING® PITCHER

MAKES: 4 SERVINGS

INGREDIENTS

4 cups strawberries, hulled, cut in half

1 cup lime juice

1 cup light rum

2 cups ice cubes

FROZEN

DIRECTIONS

1. Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
2. Select FROZEN.



FRESH CUCUMBER CITRUS MARGARITA

PREP: 10 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

1/2 orange, peeled, seeds removed

1/4 cucumber, peeled

1/4 cup triple sec

2/3 cup tequila

1 tablespoon honey

4 cups ice cubes

FROZEN

DIRECTIONS

1. Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
2. Select FROZEN.

BLUEBERRY HONEY CUCUMBER MOJITO

PREP: 10 MINUTES

CONTAINER: 72-OUNCE TOTAL CRUSHING® PITCHER

MAKES: 6 SERVINGS

INGREDIENTS

1 cup English cucumber, cut in 1-inch pieces

2 1/2 cups blueberries

6 fresh mint leaves

3/4 cup pear juice

2 tablespoons honey

1 cup light rum

3 cups ice cubes

DIRECTIONS

1. Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
2. Select FROZEN.



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