

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



**NINJA**  
PROFESSIONAL  
**TOUCHSCREEN**  
BLENDER

# LET'S BREAK IT DOWN

30 Quick & Easy Blender Recipes



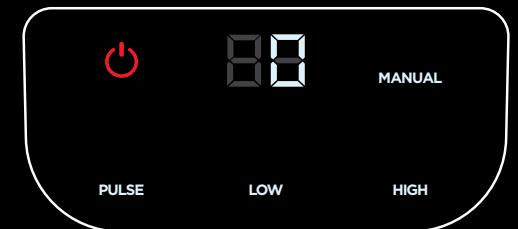
# PITCHER, MEET POSSIBILITIES.

With a modern intuitive touchscreen and Auto-iQ® Technology, you'll have access to a wide range of textures. That means from juices and smoothies to granitas and margaritas, your Professional Touchscreen Blender will power through all your thirst-quenching needs. So sip, savor, and stay refreshed—you've got this.



# THE POWER OF PREFERENCE.

The modern display responds to your touch and lets you quickly toggle between pre-set programs and manual control. And the durable, easy-to-clean screen stands up to everyday kitchen wear and tear.





13

WATERMELON  
BASIL  
SANGRIA

16



SPINACH  
ARTICHOKE  
DIP

26



29

COCONUT  
PINEAPPLE  
SORBET

52

# TABLE OF CONTENTS

PRODUCT INTRO

PROGRAM OVERVIEW

LOADING TIPS

1

SMOOTHIES

2

COCKTAILS

12

DIPS & SAUCES

22

SOUPS

32

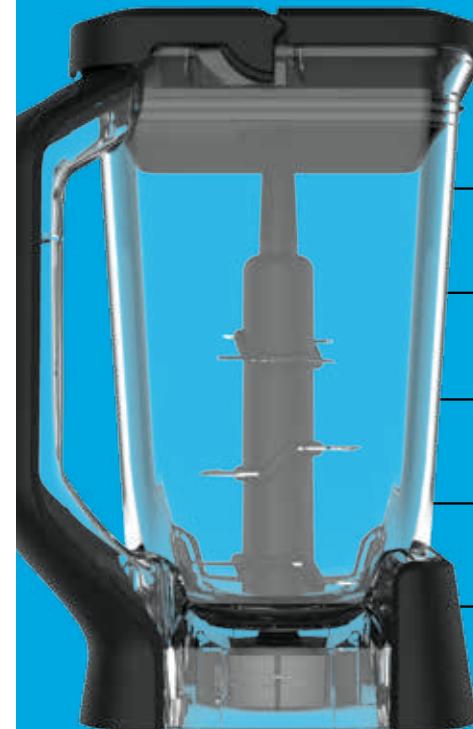
DESSERTS

44

## TIPS FOR YOUR TOTAL CRUSHING® BLENDER PITCHER

### LOADING TIPS

Load softer, water-dense ingredients on the bottom, and ice or frozen ingredients on top. This will create a vortex in the pitcher that makes for a smooth breakdown of ingredients. Check out the layer-by-layer guide below.



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 juice-like drink, add more liquid.

2



Next add leafy greens and herbs.

1



Start by adding fresh fruits and vegetables.

### PREP TIPS

For best results, cut ingredients in 1-inch chunks. Do not place frozen ingredients first in the pitcher.

When loading the pitcher, make sure ingredients do not go past the max fill line.

# SMOOTHIES



## WATERMELON QUENCH

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

# APPLE PIE SMOOTHIE

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER | **MAKES:** 8 SERVINGS

## INGREDIENTS

4 large Golden Delicious apples, cored, chopped  
4 cups unsweetened almond milk  
1 tablespoon lemon juice  
2 tablespoons brown sugar  
1 teaspoon ground cinnamon  
¼ teaspoon ground nutmeg  
½ teaspoon salt  
4 cups ice

## DIRECTIONS

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





# STRAWBERRY BANANA SMOOTHIE

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

## INGREDIENTS

- 4 small ripe bananas, cut in half
- 2 cups lowfat milk
- 1/4 cup agave nectar
- 4 cups frozen strawberries

## DIRECTIONS

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

# TROPICAL CHILL

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

## INGREDIENTS

1 ripe banana  
1/2 cup pineapple chunks  
1/2 cup honeydew melon chunks  
1/4 lime, peeled, cut in half, seeds removed  
3/4 cup coconut water  
1 cup ice

## DIRECTIONS

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

# 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.

**DO NOT BLEND HOT INGREDIENTS.**

# ISLAND SUNRISE SMOOTHIE

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

## INGREDIENTS

2 cups coconut water  
1 cup pineapple chunks  
1 cup frozen mango chunks  
1 small ripe banana  
1 cup frozen strawberries

## DIRECTIONS

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



# COCKTAILS



## 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 DRINK.

# PEAR GINGER SAKE MARTINI

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

## INGREDIENTS

1 frozen pear, peeled, cored  
1/2 teaspoon grated fresh ginger  
2 cups pear juice  
1/2 to 3/4 cup sake  
1 tablespoon agave nectar  
1 cup ice

## DIRECTIONS

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





## WATERMELON BASIL SANGRIA

**PREP:** 10 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER | **MAKES:** 6 SERVINGS

### INGREDIENTS

3 cups watermelon chunks  
1/4 cup fresh basil, stems removed  
2 limes, peeled, cut in half, seeds removed  
1/2 cup brandy  
1 cup dry white wine  
3 tablespoons agave nectar  
1 cup frozen peach slices  
2 1/4 cups ice

### DIRECTIONS

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



## LEM-MOSA

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER | **MAKES:** 6 SERVINGS

### INGREDIENTS

3 lemons, peeled, cut in half, seeds removed  
4 fresh mint leaves  
1 3/4 cups dry white wine  
2 tablespoons agave nectar  
3 1/2 cups ice

### DIRECTIONS

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



# STRAWBERRY DAIQUIRI

**PREP:** 10 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER | **MAKES:** 5 SERVINGS

## INGREDIENTS

4 cups strawberries, cut in half, stems removed  
1 cup lime juice  
1 cup light rum  
2 cups ice

## DIRECTIONS

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

# TROPICAL COOLER

**PREP:** 10 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER | **MAKES:** 8 SERVINGS

## INGREDIENTS

1 cup pineapple chunks  
1/2 jalapeño pepper, seeds removed  
1/2-inch piece fresh ginger, peeled  
1/3 English cucumber, peeled, cut in quarters  
Juice of 1 1/2 limes  
1 1/2 cups coconut water  
1/2 cup silver tequila  
3 tablespoons agave nectar  
1/4 teaspoon ground coriander  
3 1/2 cups frozen mango chunks  
1 1/2 cups ice  
Cucumber slices, for garnish

## DIRECTIONS

- 1 Place all ingredients, except cucumber slices, into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select FROZEN DRINK.
- 3 Pour into glasses and garnish each with cucumber slices.



# DIPS & SAUCES



## HUMMUS

**PREP:** 10 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER | **MAKES:** 2½ CUPS

### INGREDIENTS

1 can (15 ounces) garbanzo beans, drained, liquid reserved  
¼ cup plus 2 tablespoons garbanzo bean liquid  
¼ cup lemon juice  
¼ cup tablespoon olive oil  
1 clove garlic, peeled  
⅛ cup tahini  
1 teaspoon ground cumin

### DIRECTIONS

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

# 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  
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  
Salt and pepper, to taste

## DIRECTIONS

- 1** Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2** PULSE until desired consistency is reached.
- 3** Cover and refrigerate at least 1 hour before serving.





## SPINACH ARTICHOKE DIP

**PREP:** 15 MINUTES | **COOK:** 30 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER | **MAKES:** 9 CUPS

### INGREDIENTS

3 tablespoons unsalted butter  
2 cloves garlic, peeled, chopped  
1 large onion, chopped  
1/3 cup all-purpose flour  
2 teaspoons salt  
1 teaspoon ground black pepper  
1 can (14 ounces) artichoke hearts, drained  
1 pound baby spinach  
4 cups low-sodium vegetable broth  
2 cups grated Parmesan cheese  
1/2 cup sour cream

### DIRECTIONS

- 1** Place butter, garlic, and onion into a 5-quart saucepan over medium-low heat. Cook for 5 minutes.
- 2** Add flour, salt, and pepper, and stir to incorporate. Add artichoke hearts, spinach, and broth. Bring to a boil, then reduce heat to medium-low and cook for 20 minutes.
- 3** Remove from heat and cool to room temperature.
- 4** Place cooled mixture into the 72-ounce Total Crushing Pitcher. Select HIGH and blend until desired consistency is reached.
- 5** Return sauce to saucepan, add Parmesan and sour cream, then simmer until heated through.

**DO NOT BLEND HOT INGREDIENTS.**



## WALNUT RED PEPPER DIP

**PREP:** 10 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER | **MAKES:** 2 CUPS

### INGREDIENTS

1/4 large (6-inch round) pita	1/4 teaspoon crushed red pepper
1 jar (7 ounces) roasted red peppers	1 teaspoon ground cumin
1 cup toasted walnuts	1/4 cup olive oil
2 tablespoons lemon juice	1/8 teaspoon salt
2 tablespoons tomato paste	Pinch ground black pepper

### DIRECTIONS

- 1 Drain peppers and reserve liquid in a small bowl. Tear pita into 1-inch pieces and place in the bowl of liquid to soften, about 3 minutes.
- 2 Place softened pita and remaining ingredients into the 72-ounce Total Crushing Pitcher.
- 3 Select PUREE. Transfer mixture to a serving bowl.



## 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 red pepper flakes  
 Salt and pepper, to taste  
 1/4 bunch basil, chopped

### 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 red pepper flakes into the 72-ounce Total Crushing Pitcher. Select HIGH and blend until desired consistency is reached.
- 4 Add the tomato sauce to the saucepan with garlic and onions. Add salt and pepper to taste. Simmer 20 minutes.
- 5 Garnish with fresh basil.

# PINEAPPLE CILANTRO DIPPING SAUCE

**PREP:** 10 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER | **MAKES:** 6-8 SERVINGS

## INGREDIENTS

3 cups pineapple chunks  
1 1/2 small serrano chiles, seeds removed  
1 small white onion, peeled, cut in quarters  
1/2 cup fresh cilantro  
1/4 cup lime juice  
3 tablespoons coconut oil  
Salt and pepper, to taste

## DIRECTIONS

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



# SOUPS

## 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  
Salt and 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 to 25 minutes, stirring occasionally. Let cool to room temperature.
- 3** Place cooled soup into the 72-ounce Total Crushing Pitcher. Select HIGH and blend until desired consistency is reached.
- 4** Transfer the soup back to the saucepan. Add milk, cheese, salt, and pepper. Simmer until heated through.

**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 and 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 to 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 and blend until desired consistency is reached. Repeat with remaining soup.

**DO NOT BLEND HOT INGREDIENTS.**





## 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  
Salt and 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 until desired consistency is reached.
- 3** 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.**

# CARROT GINGER SOUP

**PREP:** 15 MINUTES | **COOK:** 40 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER | **MAKES:** 4 SERVINGS

## INGREDIENTS

2 tablespoons olive oil  
6 medium carrots, peeled, chopped  
4 shallots, peeled, chopped  
2-inch piece fresh turmeric root, peeled, chopped  
1 1/2-inch piece fresh ginger, peeled, chopped  
1 1/2 cups vegetable broth  
2 tablespoons lime juice  
Salt and pepper, to taste

## DIRECTIONS

- 1** Heat oil in a saucepan over medium-high heat. Add carrots, shallots, turmeric, and ginger. Sauté until softened, about 15 minutes.
- 2** Add vegetable broth, lime juice, salt, and pepper to saucepan and simmer 10 to 15 minutes over medium-low heat. Let cool to room temperature.
- 3** Add the cooled soup to the 72-ounce Total Crushing Pitcher. Select HIGH and blend until desired consistency is reached.
- 4** Reheat soup in saucepan until heated through.

**DO NOT BLEND HOT INGREDIENTS.**





## ROASTED GARLIC & ROMA TOMATO SOUP

**PREP:** 10 MINUTES | **COOK:** 15 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER | **MAKES:** 6 SERVINGS

### INGREDIENTS

1 can (28 ounces) whole peeled tomatoes  
4 cloves garlic, peeled  
3 tablespoons tomato paste  
 $\frac{3}{4}$  cup silken tofu  
3 tablespoons extra virgin olive oil  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon ground black pepper  
1 cup vegetable broth  
1 tablespoon fresh basil leaves

### DIRECTIONS

- 1** Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2** Select HIGH until desired consistency is reached.
- 3** Transfer contents to a large saucepan and simmer over medium-low heat for about 15 minutes, or until heated through.

**DO NOT BLEND HOT INGREDIENTS.**

# CAULIFLOWER WHITE CHEDDAR SOUP

**PREP:** 15 MINUTES | **COOK:** 30 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER | **MAKES:** 4 SERVINGS

## INGREDIENTS

4 cups cauliflower florets  
1/2 small onion, peeled, cut in half  
2 cups low-fat milk  
3/4 cup grated white cheddar cheese,  
plus additional for garnish  
1 teaspoon onion powder  
1/4 teaspoon grated nutmeg,  
plus additional for garnish  
Salt and pepper, to taste

## DIRECTIONS

- 1** Steam cauliflower with onion until tender, about 15 minutes. Cool to room temperature.
- 2** Place cooled cauliflower and onion with remaining ingredients into the 72-ounce Total Crushing Pitcher.
- 3** Select HIGH until desired consistency is reached.
- 4** Transfer soup to a stockpot, adjust seasonings, and simmer until heated through.
- 5** Garnish each serving with additional grated cheese and nutmeg.

**DO NOT BLEND HOT INGREDIENTS.**



# DESSERTS



## BANANA CHOCOLATE MOUSSE

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

### INGREDIENTS

2 ripe bananas, cut in quarters  
2 ripe avocados, peeled, cut in quarters, pits removed  
1/4 cup chocolate syrup  
Juice of 1/2 orange  
1/4 cup cocoa powder

### DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select HIGH until smooth, scraping down sides of pitcher as needed.
- 3 Place mousse into an airtight container and refrigerate until chilled, about 2 hours.



## 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  
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 until smooth. Strain watermelon juice and discard pulp.
- 3 Pour watermelon juice into ice cube trays. Freeze 3 to 4 hours, or until almost solid. Shave with a fork into glasses and serve.

## FROZEN STRAWBERRY PEACH TREAT

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

### INGREDIENTS

1 1/2 cups frozen strawberries  
1/2 cup frozen peaches  
1/2 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 until smooth.

# CANTALOUPE PEPPER FREEZE

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

## INGREDIENTS

2 cups frozen cantaloupe chunks  
1/2 teaspoon freshly ground black pepper  
3/4 to 1 1/2 cups water  
1 cup ice

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select HIGH until smooth. Add additional water, if needed.





## VANILLA NUT FROZEN TREAT

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

### INGREDIENTS

1 cup vanilla oat milk  
1/2 cup walnut halves  
1/2 teaspoon pure vanilla extract  
2 packets (.035 ounces each) stevia  
1 cup nonfat vanilla yogurt  
2 1/2 cups ice

### DIRECTIONS

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

# 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  
½ 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 until smooth.





**NINJA**

PROFESSIONAL  
**TOUCHSCREEN**

**B L E N D E R**

**CT610\_IG\_30Recipe\_170630**

AUTO-IQ, NINJA, and TOTAL CRUSHING are registered trademarks of SharkNinja Operating LLC.