

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



NINJA® | Smart Screen™
KITCHEN SYSTEM

LET'S BREAK IT DOWN

15 Quick & Easy Recipes



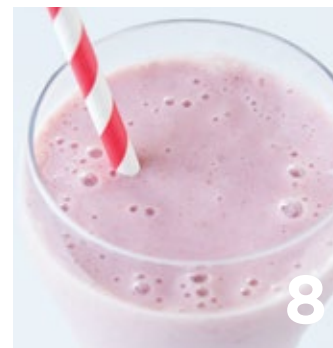
GUESSWORK? GONE.

The days of guessing in the kitchen are over. Which means so are the days of kitchen chaos. The Ninja® Smart Screen Kitchen System does the thinking for you. Just snap on your desired vessel and the interface displays pre-set programs and manual speed settings available for your recipes. Now you've got one adaptive tool to make everything from healthy dinners to bake-sale-winning treats at the tap of a touchscreen. There's a whole new reason the kitchen is the most popular room in your house.



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SINGLE-SERVE CUP



PRECISION PROCESSOR BOWL



TOTAL CRUSHING PITCHER

TIPS FOR YOUR SINGLE-SERVE CUP

LOADING TIPS

Don't overfill the cup. If you feel resistance when attaching the Pro Extractor Blades® Assembly to the cup, remove some ingredients.



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 as desired.

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. Place frozen ingredients in the cup last.

Do not go past the max fill line when loading the cup.

CAUTION: Remove the Pro Extractor Blades® Assembly from the Single-Serve Cup upon completion of blending. Do not store ingredients before or after blending 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, only use Spout Lid to cover.

TIPS FOR YOUR PRECISION PROCESSOR BOWL



3



Add liquid on top, as the last ingredient.

2



Place heavier ingredients, like chicken and root vegetables, on top of the greens and lettuces.

1



Place herbs, lettuces, and greens in the bowl first so they are at the bottom.

PREP TIPS

Cut all ingredients to 1 inch or as designated in each recipe.

Peel bell peppers with a vegetable peeler prior to cutting for best performance.

Do not go past the max fill line when loading the bowl.

LOADING TIPS

Don't overfill the bowl or ingredients may not break down evenly. If the ingredients exceed the max fill line, take some out.

TIPS FOR YOUR TOTAL CRUSHING® PITCHER



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.

Do not go past the max fill line when loading the pitcher.

SMOOTHIES

BERRY ALMOND SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 20-OUNCE SINGLE-SERVE CUP

MAKES: 2 SERVINGS

INGREDIENTS

1/2 small ripe banana, peeled, cut in half

1 cup almond milk

1 tablespoon almond butter

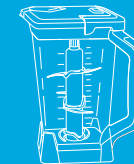
1 cup frozen mixed berries

DIRECTIONS

- 1 Place all ingredients into the 20-ounce Single-Serve Cup in the order listed.
- 2 Select SMOOTHIE.
- 3 Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.

SMOOTHIES





STRAWBERRY BANANA SMOOTHIE

PREP: 5 MINUTES

CONTAINER: TOTAL CRUSHING® PITCHER

MAKES: 4 SERVINGS

INGREDIENTS

4 small ripe bananas, peeled, cut in half

2 cups milk

1/4 cup agave nectar

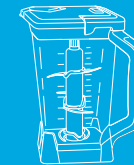
4 cups frozen strawberries

DIRECTIONS

1 Place all ingredients into the Total Crushing Pitcher in the order listed.

2 Select SMOOTHIE.





ISLAND SUNRISE SMOOTHIE

PREP: 5 MINUTES

CONTAINER: TOTAL CRUSHING® PITCHER

MAKES: 4 SERVINGS

INGREDIENTS

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

DIRECTIONS

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





CREAMY BANANA ORANGE PROTEIN SHAKE

PREP: 5 MINUTES

CONTAINER: 20-OUNCE SINGLE-SERVE CUP

MAKES: 2 SERVINGS

INGREDIENTS

- 1/2 small ripe banana, cut in 1-inch pieces
- 1 small navel orange, peeled, cut in half, pith removed
- 2/3 cup unsweetened almond milk
- 1/4 teaspoon ground cinnamon
- 1 scoop vanilla protein powder
- 1/3 cup frozen mango chunks
- 1/4 cup ice

DIRECTIONS

- 1 Place all ingredients into the 20-ounce Single-Serve Cup in the order listed.
- 2 Select SMOOTHIE.
- 3 Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.





ORANGE APPLE SPLASH

PREP: 5 MINUTES

CONTAINER: 20-OUNCE SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

- 1 small carrot, peeled, cut in 1-inch pieces
- 1/2 small Golden Delicious apple, cut in 1-inch pieces
- 1/2 navel orange, peeled, cut in half, pith removed
- 1/4 fresh lemon, peeled, pith and seeds removed
- 1/4-inch piece fresh ginger, peeled
- 1 tablespoon goji berries
- 3/4 cup water
- 1/4 cup ice

DIRECTIONS

- 1 Place all ingredients into the 20-ounce Single-Serve Cup in the order listed.
- 2 Select EXTRACT.
- 3 Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.





POMEGRANATE STRAWBERRY BLAST

PREP: 5 MINUTES

CONTAINER: 20-OUNCE SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

1/8 small beet, peeled

1/3 cup cantaloupe chunks

1 small orange, peeled, cut in half, pith and seeds removed

2/3 cup pomegranate juice

2/3 cup frozen strawberries

DIRECTIONS

- 1** Place all ingredients into the 20-ounce Single-Serve Cup in the order listed.
- 2** Select EXTRACT.
- 3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.





TROPICAL GREEN MACHINE

PREP: 5 MINUTES

CONTAINER: 20-OUNCE SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

1/2 small ripe banana, peeled

1/4 cup mango chunks

1/4 cup pineapple chunks

1/4 cup spinach leaves

1/4 cup kale leaves

1/4 cup water

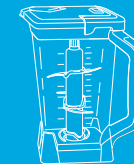
1 teaspoon flaxseed

1/4 cup ice

DIRECTIONS

- 1** Place all ingredients into the 20-ounce Single-Serve Cup in the order listed.
- 2** Select EXTRACT.
- 3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.





AUTUMN BALANCER

PREP: 15 MINUTES

CONTAINER: TOTAL CRUSHING® PITCHER

MAKES: 4 SERVINGS

INGREDIENTS

2 sweet potatoes, steamed, cooled, peeled,
cut in 1-inch pieces

2 cups unsweetened almond milk

1/4 cup maple syrup

1/4 teaspoon ground nutmeg

1 teaspoon kosher salt

1 1/2 cups ice

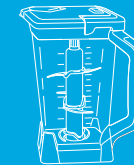
DIRECTIONS

1 Place all ingredients into the Total
Crushing Pitcher in the order listed.

2 Select SMOOTHIE.

DO NOT BLEND HOT INGREDIENTS.





GINGERED ACAI

PREP: 5 MINUTES

CONTAINER: TOTAL CRUSHING® PITCHER

MAKES: 6 SERVINGS

INGREDIENTS

1 1/2 cups unsweetened acai berry puree, thawed

2 tablespoons fresh ginger, minced

3 1/2 cups pomegranate juice

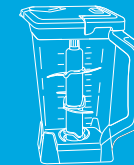
4 cups frozen strawberries

DIRECTIONS

1 Place all ingredients into the Total Crushing Pitcher in the order listed.

2 Select FROZEN DRINK.





MANGO TANGO

PREP: 5 MINUTES

CONTAINER: TOTAL CRUSHING® PITCHER

MAKES: 4 SERVINGS

INGREDIENTS

- 1 ripe banana, cut in quarters
- 1 cup fresh pineapple chunks
- 1 cup spinach
- 1 cup orange juice
- 1 cup frozen mango chunks
- 1 cup ice

DIRECTIONS

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



DIPS & SAUCES

DIPS & DRESSINGS



HUMMUS

PREP: 5 MINUTES

CONTAINER: 40 OZ. PRECISION PROCESSOR BOWL

MAKES: 2 1/2 CUPS

INGREDIENTS

2 cups cooked, drained garbanzo beans
(liquid reserved)

1/4 cup plus 2 tablespoons garbanzo bean liquid

1 clove garlic, peeled

1/4 cup olive oil

1/4 cup lemon juice

2 tablespoons tahini

1 teaspoon ground cumin

DIRECTIONS

- 1 Place all ingredients into the Food Processor in the order listed.
- 2 Select PUREE.



PINEAPPLE CILANTRO DIPPING SAUCE

PREP: 10 MINUTES

CONTAINER: 40 OZ. PRECISION PROCESSOR BOWL

MAKES: 6-8 SERVINGS

INGREDIENTS

3 cups fresh pineapple chunks
1 jalapeño pepper, cut in quarters, seeds removed
1 small white onion, peeled, cut in quarters
1/2 cup fresh cilantro, stems trimmed
1/4 cup lime juice
3 tablespoons coconut oil
Kosher salt and pepper, to taste

DIRECTIONS

- 1 Place all ingredients into the Food Processor in the order listed.
- 2 **PULSE** until desired consistency is reached.



MAINS & SIDES

MAINS & SIDES



BUFFALO CHICKEN BURGERS

PREP: 15 MINUTES

COOK: 10 MINUTES

CONTAINER: 40 OZ. PRECISION PROCESSOR BOWL

MAKES: 4 BURGERS

INGREDIENTS

Burgers

$\frac{3}{4}$ pound uncooked boneless skinless chicken breasts, cut in 1-inch pieces

1 small carrot, peeled, cut in 1-inch pieces (about $\frac{1}{2}$ cup)

1 small stalk celery, cut in 1-inch pieces (about $\frac{1}{2}$ cup)

$\frac{1}{4}$ cup crumbled blue cheese

2 tablespoons cayenne pepper sauce, plus more for drizzling

$\frac{1}{3}$ cup bread crumbs

1 egg

2 tablespoons olive oil

For Serving

4 potato buns, toasted

1 cup mixed greens or romaine lettuce

$\frac{1}{2}$ cup chunky blue cheese dressing

TIP:

To make your own homemade blue cheese dressing, stir together $\frac{1}{2}$ cup blue cheese crumbles, 2 tablespoons mayonnaise, 2 tablespoons sour cream, 2 teaspoons white vinegar, and a dash of salt and pepper.

DIRECTIONS

- 1 Place all burger ingredients, except olive oil, into the Food Processor in the order listed.
- 2 Select CHOP until ingredients are finely ground.
- 3 Heat olive oil in a large skillet over medium-high heat. Form meat mixture into 4 patties and place them in the skillet. Cook 5 minutes per side, or until internal temperature reaches 165°F.
- 4 Serve burgers on buns and top with lettuce, blue cheese dressing, and an extra drizzle of cayenne pepper sauce.



CAULIFLOWER FRIED RICE

PREP: 15 MINUTES

COOK: 8 MINUTES

CONTAINER: 40 OZ. PRECISION PROCESSOR BOWL

MAKES: 2 CUPS

INGREDIENTS

1-inch piece fresh ginger, peeled

2 cups cauliflower florets

1 small carrot, peeled, cut in 1-inch pieces

2 tablespoons sesame oil

2 green onions, chopped

1/2 cup peas

2 tablespoons soy sauce

1/4 teaspoon ground black pepper

DIRECTIONS

1 Place ginger into the Food Processor. Select CHOP.

2 Place cauliflower and carrot into the Food Processor. Select CHOP.

3 Add sesame oil to a medium sauté pan over medium-high heat. Allow pan to heat for 1 minute, then add cauliflower and carrot/ginger mixture. Cook for 5 minutes or until cauliflower is tender, stirring occasionally. Add green onions, peas, soy sauce, and pepper. Cook for 2 minutes or until heated through.

RECIPE SUGGESTION

Add cooked chicken, shrimp, or tofu for a 20-minute one-pot meal.

DESSERTS & SNACKS

ALMOND CHIA BITES

PREP: 20 MINUTES

CHILL: 1 HOUR

CONTAINER: 40 OZ. PRECISION PROCESSOR BOWL

MAKES: 24 BITES

INGREDIENTS

- 1/2 cup almonds
- 1/2 cup dark chocolate chips
- 6 Medjool dates, cut in half, pits removed
- 1 tablespoon coconut oil, melted
- 1/2 cup almond butter
- 1 tablespoon chia seeds
- 1 cup old-fashioned rolled oats

RECIPE SUGGESTION

2 tablespoons rolled oats can be stirred into the mixture for a different texture.

DESSERTS
& SNACKS



DIRECTIONS

- 1 Place all ingredients into the Food Processor in the order listed.
- 2 Select HIGH until mixture is well combined.
- 3 Roll dough into 24 evenly sized bites, about 1 1/4 inches round. Refrigerate 1 hour before serving.

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KITCHEN SYSTEM

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