

# NUTRI NINJA™

Getting Started  
Assembly & Recipes

30  
RECIPES!



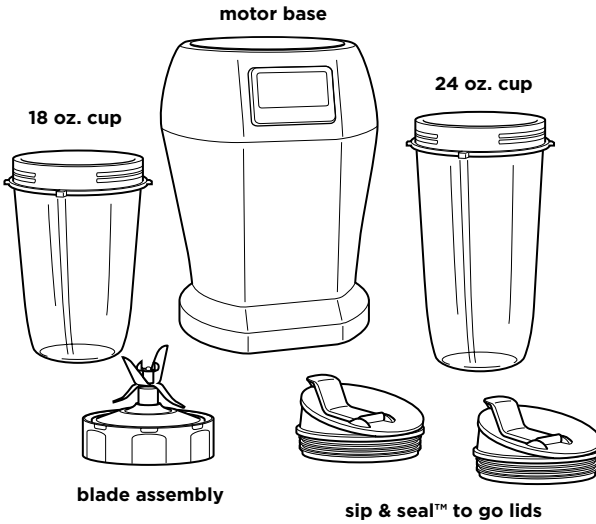
# Congratulations!

Prepare nutrient-rich juices, sauces, soups, and wholesome meals with the Nutri Ninja™ Pro! Engineered with a powerful motor and blade system, this innovative Nutrient & Vitamin Extractor produces smooth, uniform textures, nutrient-dense beverages, and velvety soups, sauces, and dressings—all to support your healthy, Ninja® Inspired lifestyle!

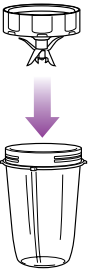
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# Nutri Ninja™ Pro Assembly

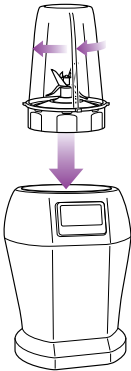


STEP 1



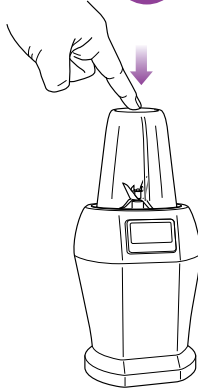
1. Add ingredients to the cup, then twist on the blade assembly until you have a tight seal.

STEP 2



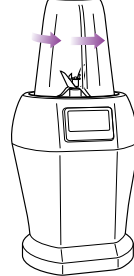
2. Place the cup onto the motor base, aligning the tabs on both the cup and base, then turn clockwise.

STEP 3



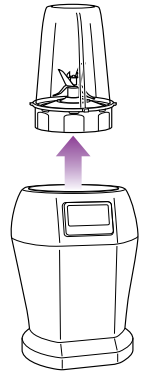
3. Press down on the cup and hold to blend until you reach your desired consistency.

STEP 4



4. When finished, wait until the motor stops completely then turn the cup counterclockwise.

STEP 5



5. Pull the cup straight up to remove from the base. Invert the cup and remove the blade assembly and replace with sip & seal to go lid.

# “Let’s Get Healthy” Wellness Plan

Your lifestyle and eating habits contribute to your overall well-being. The recipes in this inspiration guide were created for the top five wellness categories, to help you start your journey toward optimal health. Look for the icons below as you read through all of these delicious recipes.

Here’s to your health!



## Detox/Cleanse

Our detox recipes have fresh fruits, vegetables, and herbs that will help give your body a beneficial detox boost.



## Heart Health

Your heart has a big job to do and needs foods that can help support circulation and reduce stress, to keep you as healthy as possible.



## Longevity + Beauty

Hey good looking! We’ve developed recipes that can help to strengthen your immune system and bring back your natural glow.



## Mood + Immunity

Turn that frown around with antioxidant-rich vegetables, fruits, fresh herbs, and even coconut water—electrolyte builders that keep the body hydrated and you feeling great.



## Weight Loss Wellness

Jumpstart your weight and fitness efforts by adding one of our green-based smoothies or juices to your meal plan.

Look for the matching icons throughout the guide as you select your recipes.



# Mix n' Match Recipe Ideas

Create your own nutrient-rich juices or healthy smoothies with these great food and flavor combos!

## These taste great

Apples, Pears, Nut Milks

Kale, Swiss Chard, Romaine

Green Tea

Sweet Potatoes, Carrots, Butternut Squash

Arugula

Pineapple, Mango, Papaya

Strawberries

## With any of these

Cinnamon, Nutmeg, Almonds, Walnuts

Fresh Lemon, Pear, Kiwi, Ginger

Berries of all types, Tart Cherry & Pomegranate Concentrates

Tumeric, Maple Syrup

Mint, Pear, Apple

Coconut, Banana

Basil, Mint, Goji Berries



# Customize Your Own Signature Nutrient-Rich Juice

Check out our suggestions below!



## to make it thicker

Try adding one of these ingredients for a creamier drink & to boost your nutritional intake.

- ¼ ripe banana
- 2 tablespoons avocado
- ½ tablespoon chia seeds



## to make it thinner

The thickness of blended drinks depends on ice usage and whether the ingredients are fresh or frozen. To regulate the consistency of your smoothies and beverages, you can add one of these healthful ingredients to thin it down.

- 2 tablespoons green tea or chamomile tea
- 2 tablespoons of coconut water
- Add a small amount of a high-moisture food, such as celery, lettuce, cucumber, lemon, or lime
- Add water—important to re-hydrate!!
- Unsweetened almond milk adds richness, great with tropical fruits!



## to make it sweeter

If your taste buds require beverages that are a little sweeter, we recommend using the ingredients below:

Sweetener	Amounts	Cal.	Characteristics
Agave	1 tsp	20	<ul style="list-style-type: none"> <li>Sourced from the root of the agave or yucca plant and high in fructose content</li> <li>Because agave is processed through the liver it has no impact on blood sugar but may impact triglyceride levels</li> </ul>
Dates, Dried Figs & Raisins	½ date/fig 20 raisins	30 30	<ul style="list-style-type: none"> <li>Dried fruits provide very concentrated, natural sweetness.</li> </ul>
Honey	1½ tsp	32	<ul style="list-style-type: none"> <li>Distinct, rich taste.</li> <li>Opt for raw, organic honey.</li> </ul>
Lucuma	1½ tsp	30	<ul style="list-style-type: none"> <li>A subtropical fruit available in powder form that's found in most health food stores.</li> </ul>
Maple Syrup	1½ tsp	25	<ul style="list-style-type: none"> <li>Obtained from the sap of the maple tree.</li> <li>Concentrated sweetness.</li> </ul>
Stevia	½ tsp or ½ packet	0	<ul style="list-style-type: none"> <li>An herb available in powdered or liquid form with zero calories.</li> </ul>
Yacon Syrup	1 tbsp	20	<ul style="list-style-type: none"> <li>Sourced from a South American tuber. Also available in powdered form. Sold at health food stores.</li> <li>Offers half the calories of table sugar and will not spike your blood sugar.</li> </ul>





**PREP TIME** 5 minutes



## top o' the mornin' smoothie

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Start your day with a simple and fresh delight!

### ingredients

- 1 banana, peeled
- 1 orange, peeled, cut in half
- 1 cup vanilla almond milk
- ½ teaspoon ground cinnamon
- 1 scoop whey protein powder
- ½ cup ice

### directions

1. Place all the ingredients in the order listed above into the Ninja® 24 ounce cup and blend for 30 seconds.





**PREP TIME** 5 minutes **COOK TIME** 5 minutes **SERVINGS** 4

## buckwheat pancakes

Serve with fresh fruit instead of syrup for a healthier option!

### ingredients

<b>½ cup buckwheat flour</b>	<b>1 egg</b>
<b>½ cup all-purpose flour</b>	<b>3 tablespoons canola oil</b>
<b>1¼ teaspoons baking powder</b>	<b>2 tablespoons honey</b>
<b>1 teaspoon sugar</b>	<b>¾ cup skim milk</b>
<b>½ teaspoon salt</b>	

### directions

1. Place the buckwheat flour with all the ingredients in the order listed above into the Ninja® 18 ounce cup and blend for 20 seconds.
2. Let batter set for 1 hour.
3. On a lightly oiled griddle or sauté pan over medium heat, pour pancake batter in the desired size into the pan and cook until small bubbles form. Flip and continue cooking until center is puffed and springs back when gently pushed.

**tip:**

Add ¼ cup aloe vera juice for a super food boost.

**PREP TIME** 6 minutes

## orange sunshine splash

Add some tofu protein and antioxidant “goji power” to your morning OJ for a silky smoothie!

### ingredients

- ¾ cup silken tofu
- ¼ cup goji berries
- 1 orange, peeled, cut in half
- ¼ cup orange juice
- 2 tablespoons honey
- 1 cup ice

### directions

1. Place all the ingredients in the order listed above into the Ninja® 24 ounce cup and blend for 30 seconds.



**PREP TIME** 7 minutes

## coffee soymoothie

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This creamy coffee drink has both almond butter and silken tofu to get you started in the morning!

### ingredients

- 1 cup strongly brewed decaf coffee
- ¾ cup silken tofu
- 1 tablespoon almond butter
- ¼ teaspoon cardamom powder
- 2 tablespoons agave nectar
- 1 cup ice

### directions

1. Place all the ingredients in the order listed above into the Ninja® 24 ounce cup and blend for 30 seconds.

**tip:**

Add 1 tsp Spanish bee pollen for a super food boost.

**PREP TIME** 7 minutes

## trail mix in a glass

Great for those with an active lifestyle, all the flavors of a trail mix whipped up in a nourishing breakfast.

### ingredients

- ¼ cup raw unsalted almonds
- ¼ cup raw unsalted pumpkin seeds
- 1 tablespoon raw sesame seeds
- ¼ cup goji berries
- ¼ cup pomegranate juice
- 1¼ cups unsweetened almond milk
- 3 tablespoons honey
- 1 cup ice

### directions

1. Place all the ingredients in the order listed above into the Ninja® 24 ounce cup and blend for 25 seconds.



**PREP TIME** 5 minutes

## bright side mocha shake

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Turn your morning java into a filling breakfast shake. The banana gives you a boost of extra potassium.

### ingredients

- $\frac{3}{4}$  medium banana
- 3 tablespoons brewed coffee, chilled
- 2 teaspoons creamy almond butter
- $1\frac{1}{2}$  teaspoons unsweetened cocoa powder
- $\frac{3}{4}$  teaspoon agave nectar
- $\frac{3}{4}$  cup almond milk
- $1\frac{1}{2}$  cups ice

### directions

1. Place all the ingredients in the order listed above into the Ninja® 24 ounce cup and blend for 30 seconds.



**tip:**

Add 1/8 tsp holy basil powder, also called Tulsi, for a super food boost.

**PREP TIME** 6 minutes

## watermelon cooler



Freeze to a slightly slushy consistency for a low-calorie, refreshing cleanser.

### ingredients

- 1/4 pear, seeded, cut into chunks
- 2 large fresh basil leaves with stems removed
- 2 cups chilled watermelon, seeded, cut into chunks

### directions

1. Place all the ingredients in the order listed above into the Ninja® 24 ounce cup and blend for 30 seconds.

**tip:**

Add 2 tsp acai powder for a super food boost.



**PREP TIME** 4 minutes

## purple potion

Beets contain many of the necessary vitamins and micronutrients that support the production and maintenance of our bodies' cells.

### ingredients

- ¾ cup beets, peeled, cut into chunks**
- 1 cup frozen blueberries**
- 1¼ cups carrot juice**

### directions

- 1.** Place the beets with 2 cups of water into a small saucepan over medium heat and cook until tender. Drain, cool completely, and set aside.
- 2.** Place all the ingredients in the order listed above into the Ninja® 24 ounce cup and blend for 30 seconds.



**PREP TIME** 5 minutes

## gingered acai

Acai and pomegranate, prized for having antioxidants, plus ginger, an anti-inflammatory & great for digestion, make the perfect combination beverage for your busy day!

### ingredients

- ½ cup unsweetened acai berry puree, thawed**
- 1 (.035 ounce) packet stevia**
- 2 teaspoons fresh ginger**
- 2 cups frozen strawberries**
- 1½ cups pomegranate juice**

### directions

- 1.** Place all the ingredients in the order listed above into the Ninja® 24 ounce cup and blend for 25 seconds.

**tip:**

Add 2 tsp spirulina powder for a super food boost.



**PREP TIME** 6 minutes

## lean green ninja



The best tasting green smoothie you will ever experience! The tropical fruit flavors mask the greens, plus you get a big boost of Vitamin C.

### ingredients

- ½ cup fresh pineapple, cut into chunks
- ½ cup fresh mango, cut into chunks
- ½ ripe banana
- ¼ cup packed baby spinach
- ¼ cup chopped kale, stems removed
- ½ cup water
- 1 cup ice

### directions

1. Place all the ingredients in the order listed above into the Ninja® 24 ounce cup and blend for 30 seconds.



**PREP TIME** 5 minutes

## autumn balancer

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Beat the blues with this delicious, filling smoothie containing Vitamins B6, C, D and magnesium!

### ingredients

- ½ cup steamed sweet potato
- 1 cup almond milk
- 2 tablespoons maple syrup
- 1 teaspoon flax seeds
- ¼ teaspoon ground turmeric
- 1½ cups ice

### directions

1. Place all the ingredients in the order listed above into the Ninja® 24 ounce cup and blend for 25 seconds.





**PREP TIME** 7 minutes

## strawberry sin-sation

With an amazing combination of fruits brimming with antioxidants and digestive herbs, this delicious, nutrient-rich juice is super refreshing.

### ingredients

- 1½ cups fresh quartered strawberries, stems removed
- 1 tablespoon fresh mint with stems removed
- 1 teaspoon fresh ginger
- 1 tablespoon unsalted sunflower seeds
- ¾ cup pomegranate juice
- ½ cup coconut water
- ½ cup ice

### directions

1. Place all the ingredients in the order listed above into the Ninja® 24 ounce cup and blend for 25 seconds



PREP TIME 8 minutes

## ninja 9



Eight vitamin-packed vegetables + apple make a great combination of Vitamins A, B, and C, plus a good source of fiber.

### ingredients

- |   |                                 |
|---|---------------------------------|
| ½ cup English cucumber, cut into chunks         | ¼ jalapeño, seeded              |
| ½ stalk celery, cut into quarters               | ¼ cup beet, peeled              |
| ¼ granny smith apple, unpeeled, cut into chunks | ¼ cup red cabbage, shredded     |
| 1 small carrot, peeled, cut into quarters       | ¼ teaspoon kosher salt          |
| 1 tablespoon red onion                          | ½ cup ice                       |
|   | 1 cup tomato, cut into quarters |

### directions

1. Place all the ingredients in the order listed above into the Ninja® 24 ounce cup and blend for 25 seconds.



**PREP TIME** 5 minutes

## ginger pear defense

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Ginger provides a natural anti-inflammatory and aids in digestion. Choose ripe pears for extra sweetness.

### ingredients

- 1 ripe pear, seeded, cut into quarters**
- 1 teaspoon fresh ginger**
- 2 ¼ cups cold water**
- Sweetener, to taste**

### directions

- 1.** Place all the ingredients in the order listed above into the Ninja® 24 ounce cup and blend for 20 seconds.
- 2.** Pour mixture through a fine-mesh strainer to extract the flavored water.
- 3.** Store in refrigerator for up to 3 days.

**tip:**

Add ½ tsp red curry paste for a super food boost.



**PREP TIME** 5 minutes

## carrot tip top

This is a powerhouse of Vitamin A, great for vision and glowing skin!

### ingredients

- 1¼ cups peeled carrots, cut into chunks
- 1 cup carrot juice
- 2 tablespoons ground flax seeds
- ½ cup silken tofu
- 1 cup ice

### directions

1. Place all the ingredients in the order listed above into the Ninja® 24 ounce cup and blend for 45 seconds.



**PREP TIME** 5 minutes

## call me popeye

Who knew green could be so yummy!

### ingredients

- 2 dates, cut in half
- 1 stalk celery, cut into quarters
- 1 ripe kiwi, peeled, cut in half
- 2 cups loosely packed kale
- 1½ cups hazelnut milk
- 1 cup ice

### directions

1. Soak the dates in 1-cup warm water for 30 minutes, then drain and set aside.
2. Place all the ingredients in the order listed above into the Ninja® 24 ounce cup and blend for 25 seconds.



**tip:**

Add 2 tbsp  
tart cherry  
concentrate for  
a super food  
boost.



**PREP TIME** 5 minutes

## two-berry tea



A calming tea filled with berry-rich antioxidants!

### ingredients

- 1 cup fresh blueberries
- 2 tablespoons goji berries
- ½ ripe banana
- 1½ cups rooibos tea, chilled, strongly brewed
- 1 cup ice

### directions

1. Place all the ingredients in the order listed above into the Ninja® 24 ounce cup and blend for 30 seconds.



**PREP TIME** 5 minutes

## coconut mango energyade



Create your own natural sports drink for active adults and children. High in potassium and perfect for hydration!

### ingredients

- ¾ cup fresh chopped ripe mango**
- ½ cup fresh mint**
- 2¼ cups coconut water**
- Sweetener, to taste (see page 6)**

### directions

- 1.** Place all the ingredients in the order listed above into the Ninja® 24 ounce cup and blend for 20 seconds.
- 2.** Store in refrigerator for up to 3 days.



**PREP TIME** 10 minutes **SERVINGS** 2 ¼ cups

## tabouli dip



This dip contains parsley, known to have 3x the Vitamin C of an orange. Plus, it's gluten-free!

### ingredients

- ¾ cup English cucumber, quartered
- ¼ small yellow onion, peeled, quartered
- ¼ cup loosely packed fresh mint with stems removed
- 1 cup loosely packed flat leaf parsley
- 2 vine ripe tomatoes, quartered
- ½ teaspoon ground black pepper
- ½ teaspoon kosher salt
- 1 tablespoon extra virgin olive oil
- 3 tablespoons freshly squeezed lemon juice

### directions

1. Place all the ingredients in the order listed above into the Ninja® 18 ounce cup and blend for 15 seconds.



**PREP TIME** 25 minutes **COOK TIME** 9 minutes **SERVINGS** 1½ cups

## french onion tofu dip

A healthier option without all the added fat, and so delicious!

### ingredients

- 1 tablespoon vegetable oil
- 1 medium yellow onion, chopped
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 3 tablespoons malt vinegar
- ½ cup firm tofu
- 4 ounces non-fat cream cheese, softened
- ⅓ cup non-fat sour cream

### directions

1. In a 10" sauté pan at medium heat add the oil, onion, salt and black pepper. Sauté ingredients 6-8 minutes or until caramelized, stirring occasionally. Add the malt vinegar, cook for 1 minute.
2. Remove from the heat and let cool for 10 minutes.
3. Place the cooked onion mixture, tofu, cream cheese and sour cream into the Ninja® 18 ounce cup and blend for 15 seconds or until completely blended.

**tip:**

Serve dressing w/  
a romaine salad; for  
a full meal, add  
grilled chicken  
breast or  
salmon!



**PREP TIME** 10 minutes **SERVINGS** 2 cups

## avocado caesar dressing

Avocado adds natural creaminess and even helps regulate your cholesterol levels for a heart-healthy dressing!

### ingredients

- 1 ripe avocado, pitted, cut in half
- 3 garlic cloves, peeled
- 1½ ounces parmesan cheese, cut into 1" pieces
- 1 ounce oil cured anchovy fillets
- ½ teaspoon ground black pepper
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons apple cider vinegar
- 1 cup cold water

### directions

1. Place all the ingredients in the order listed above into the Ninja® 18 ounce cup and blend for 30 seconds.

## tip:

Serve with fresh Arugula for an extra Vitamin B punch!



PREP TIME 10 minutes SERVINGS 1¾ cups



## passion fruit mustard dressing

Perfect for salads or marinade for chicken passionately filled with Vitamins A and C!

### ingredients

- ½ cup frozen passion fruit pulp, thawed
- 2 tablespoons Dijon mustard
- ¼ cup rice wine vinegar
- 3 tablespoons honey
- 2 tablespoons fresh thyme with stems removed
- ½ teaspoon kosher salt
- 3 tablespoons extra virgin olive oil
- ¾ cup non-fat sour cream

### directions

1. Place all the ingredients in the order listed above into the Ninja® 18 ounce cup and blend for 25 seconds.



**tip:**

Add ¼ tsp  
chili powder for  
a super food  
boost.

**PREP TIME** 4 minutes

## waldorf salad



A tried and true favorite salad turned into an easy and healthy on-the-go meal!

### ingredients

- 1 cup chopped romaine lettuce
- ⅓ cup raw walnut halves
- 1¼ cups frozen red grapes
- 1 ¼ cups water

### directions

1. Place all the ingredients in the order listed above into the Ninja® 24 ounce cup and blend for 35 seconds.



**PREP TIME** 15 minutes **COOK TIME** 30 minutes **SERVINGS** 4

## kale and celery root soup

Celery root and kale are great for detoxification and cell protection!

### ingredients

- |   |  |
|---|--|
| <b>2 teaspoons extra virgin olive oil</b>                             | <b>3 ounces kale, chopped</b>          |
| <b>1 garlic clove, peeled, chopped</b>                                | <b>1 teaspoon kosher salt</b>          |
| <b>½ small yellow onion, chopped</b>                                  | <b>¼ teaspoon ground black pepper</b>  |
| <b>½ bulb celery root (2½ ounces),<br/>peeled, cut into 1" pieces</b> | <b>4 cups unsalted vegetable stock</b> |

### directions

1. Pre-heat a 5-quart saucepan on medium-low heat.
2. Add the oil, garlic, and onions and gently stir and sauté for about 3 to 6 minutes, or until translucent.
3. Add the remaining ingredients, bring to a boil, reduce the heat to medium low and cook for 20 – 25 more minutes or until the celery root is fork-tender.
4. Remove from the heat and cool to room temperature.
5. In the Ninja® 24 ounce cup, blend the soup mixture in two batches for 25 – 30 seconds.
6. Return to pot and simmer until heated.



**PREP TIME** 10 minutes **COOK TIME** 25 minutes **SERVINGS** 1¾ cups



## fresh n' healthy ketchup relish

A savory topper made from fresh veggies!

### ingredients

- |   |  |
|---|--|
| <b>¾ small yellow onion, peeled, quartered, divided</b> | <b>½ teaspoon molasses</b>                         |
| <b>½ red bell pepper, seeded, quartered</b>             | <b>¼ teaspoon ground black pepper</b>              |
| <b>1 garlic clove, peeled</b>                           | <b>¾ cup kosher baby dill pickles, cut in half</b> |
| <b>3 vine ripe tomatoes, quartered, seeded</b>          | <b>1 tablespoon Dijon mustard</b>                  |
| <b>3 tablespoons apple cider vinegar</b>                |  |

### directions

1. Place the ½ small yellow onion, red bell pepper, garlic, vine ripe tomatoes, apple cider vinegar, molasses, ground black pepper into the 24 ounce cup & blend for 25 seconds.
2. Pour the tomato mixture into a 2-quart saucepot and cook at medium heat for 25 minutes, stirring occasionally.
3. Remove from the heat, pour into an airtight container, and refrigerate for 1 hour.
4. In the Ninja® 24 ounce cup, place the ¼ small yellow onion, pickles, Dijon mustard, and the cooled tomato mixture and pulse 6 times.



**PREP TIME** 10 minutes **COOK TIME** 10 minutes **SERVINGS** 2-4 ounce servings

## fresh and easy burgers

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Whip up this easy dinner for two when your weeknight burger craving strikes.

### ingredients

- 8 ounces London Broil, trimmed of fat, cut into 2" pieces
- Kosher salt and fresh ground black pepper to taste
- 2 hamburger buns, sliced
- Burger relish ketchup (see recipe page 33)
- Toppings of choice

### directions

1. Place the meat in the Ninja® 24 ounce cup and blend for 15 seconds.
2. Season ground meat with salt and pepper and form into two patties.
3. Lightly coat a nonstick skillet with cooking spray. Over medium heat, cook the burger to desired doneness, about 4-5 minutes per side for medium.
4. Serve each burger on a bun with relish ketchup and toppings of choice.



**PREP TIME** 5 minutes **COOK TIME** 15 minutes **SERVINGS** 2 cups

## tandoori marinade



A flavorful marinade with immunity and anti-inflammatory benefits from this herb combination!

### ingredients

<b>2 ounces dried ancho chili peppers</b>	<b>1/8 teaspoon ground nutmeg</b>
<b>1 teaspoon fresh ginger</b>	<b>1 tablespoon fresh squeezed lemon juice</b>
<b>2 garlic cloves, peeled</b>	<b>1 cup non-fat Greek yogurt</b>
<b>1/2 cup fresh cilantro with stems removed</b>	<b>1/2 cup cold water</b>
<b>2 tablespoons garam masala powder</b>	

### directions

1. Place the dried ancho chili peppers into a small saucepan and pour just enough water to cover the peppers. Bring to a boil, reduce to a simmer and cook for 10 minutes. Strain peppers and then cool.
2. Remove the top and seeds from the peppers.
3. Place all the ingredients in the order listed above into the Ninja® 18 ounce cup and blend for 25 seconds.



**PREP TIME** 3 minutes **COOK TIME** 4 minutes **SERVINGS** 2

## chicken pita sandwich

Easy, high-protein dinner in less than 30 minutes with scrumptious, ethnic flavors!

### ingredients

- 2 tablespoons tandoori marinade (see recipe page 35)**
- 8 ounces raw chicken breast, cut into 2" pieces**
- 2 – 8" whole wheat pita bread rounds**
- 2 vine ripe tomato**
- 8 boston lettuce leaves**

### directions

- 1.** Marinate the chicken breast pieces for 2 hours.
- 2.** Place the marinated chicken breast pieces into the Ninja® 18 ounce cup and pulse 5 – 7 times.
- 3.** Lightly coat a nonstick skillet with cooking spray. Over medium heat, sauté the chicken mixture until cooked, about 4 minutes.
- 4.** To assemble sandwich, cut pita bread rounds in half, open the pocket, place the lettuce, tomato and evenly divide the cooked ground chicken into the pockets.





**PREP TIME** 5 minutes **SERVINGS** 4 3-ounce ice pops

## tropical fresh fruit ice pops

.....

Mango and pineapple make this a really tropical treat.

### ingredients

- 1 cup fresh mango
- 2 cups fresh pineapple
- 2 tablespoons agave

### directions

1. Place all the ingredients in the order listed above into the Ninja® 24 ounce cup and blend for 30 seconds.
2. Pour into ice pop molds and freeze overnight or until solid.



**PREP TIME** 5 minutes **SERVINGS** 4

## vanilla nut frozen treat

.....

Prepare your own frozen dessert guilt-free! Add some fresh berries!

### ingredients

- $\frac{2}{3}$  cup vanilla oat milk
- $\frac{1}{2}$  cup walnut halves
- $\frac{1}{4}$  teaspoon pure vanilla extract
- 1 (.035 ounce) packet stevia
- 1 – 6 ounce container non-fat vanilla Greek yogurt
- 2  $\frac{1}{2}$  cups ice

### directions

1. Place all the ingredients in the order listed above into the Ninja® 24 ounce cup and blend for 20 seconds.



## Helpful Tips:

### **Q: Why is my food unevenly mixed?**

A: Pulse ingredients for best results. Press down on the cup in short intervals for even blending and chopping. For frozen ingredients, pulse in short intervals of 2-5 seconds and repeat.

### **Q: How do I clean my Nutri Ninja™ Pro?**

A: Squeeze 2-3 drops of dish soap into the cup, fill halfway with warm water and PULSE 5-10 times. Rinse thoroughly. The Nutri Ninja™ Pro cups, lids, and blade assembly are also dishwasher safe.

### **Q: Why is my cup leaking?**

A: Make sure that the blade assembly is tightly screwed on to the cup before blending. Turn clockwise until you have a tight seal.

### **Q: Why is my ice not being processed?**

A: For best results, use ice straight from the freezer. Try using short pulses instead of one long one to create creamy drinks and smoothies.

### **Q: How do I get in contact with Ninja® if I have any questions?**

A: We're here to help! Call us toll free at 1-877-646-5288. We're open Monday-Saturday, 7 AM-11 PM EST, and Sunday 9 AM - 8 PM EST.



## **NUTRIENT & VITAMIN EXTRACTION**

There is a new, better tasting, more nutritious kind of fresh juice

With Nutri Ninja™ you can have a silky smooth cool cup of goodness made entirely from **whole fruits, vegetables, and ice cubes.**

# **NUTRI NINJA™**



**Nutri Ninja™ provides smooth, nutrient-rich, Super Juice filled with vitamins & fiber**



**NINJA**<sup>®</sup>

Inspiring healthy living™

[Ninjakitchen.com](http://Ninjakitchen.com)