

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

NINJA®

PROFESSIONAL KITCHEN SYSTEM

INSPIRATION GUIDE

25
RECIPES



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MEET THE LIFE OF THE PARTY.

When you're preparing food and drinks for big groups, you need a multi-purpose kitchen tool with extra-large capacity to get the job done right—and quickly. From chopped onions to chocolate chip cookie dough to green smoothies for all, this system makes it look effortless. You'll be so impressed with yourself you'll be planning your next event before the party is even over.

LOAD IT UP

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



Don't overfill the Nutri Ninja® cups. If you feel resistance when fastening the blade assembly to the cup, remove some ingredients.

CAUTION: Remove the Pro Extractor Blades Assembly from the Nutri Ninja 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.

**START
FROM THE
BOTTOM
UP**

5

Top off with ice or frozen ingredients.

4

Next add any dry or sticky ingredients.

Like seeds, powders and nut butters.

3

Add in wet ingredients such as yogurt or liquids

For best results use at least 1 cup liquid in the blender pitcher. Add liquids to the Nutri Ninja cups if desired.

2

Next add leafy greens and herbs.

1

Start by adding fresh fruits and vegetables.

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

MAKE EVERYTHING FROM SOUP TO NUTS

Use this chart to put the Ninja® Kitchen System accessories to work for you.

Function	Container	Blade Type	Speed or Program	Type of Food
Small Batch Blending	Nutri Ninja® Cup	Pro Extractor Blade Assembly	Nutri Ninja	Ultra Smooth Nutrient Juices/ Smoothies, Purees, Dressings, Sauces, Soups
Small Batch Chopping (Small Ingredients)	Nutri Ninja Cup	Pro Extractor Blade Assembly	Short Pulse	Chopped Nuts
Small Batch Chopping (Hard Ingredients)	Nutri Ninja Cup	Pro Extractor Blade Assembly	Long Pulse, Held down	Crushed Ice, Ice to Snow, Grated Hard Cheese
Dough Making	Food Processor Bowl	Dough Blade Assembly	1	Bread Dough, Pizza Dough, Pretzel Dough, Cookie Dough, Pasta Dough
Dough Making	Food Processor Bowl	Chopping Bade Assembly	1	Pie Dough, Shortbread Dough
Batters	Food Processor Bowl	Chopping Bade Assembly	2	Cakes, Muffins, Cheesecake, Brownies
Dressings & Sauces	Food Processor Bowl	Chopping Bade Assembly	3	Dressings, Mayonnaise, Sauces, Marinades
Purees & Dips	Food Processor Bowl	Chopping Bade Assembly	4	Vegetable Purees, Fruit Purees, Cream Cheese Dips
Chopping	Food Processor Bowl	Chopping Bade Assembly	Pulse	Vegetables; Chopped Salads; Salsa; Meat Grinding for Burgers, Meatballs & Sausage
Eggs	Blender Pitcher	Stacked Blade Assembly	2	Omelets, Scrambled Eggs, Stratas, Frittatas
Nut Butters	Blender Pitcher	Stacked Blade Assembly	3	Almond Butter, Peanut Butter
Soups & Sauces	Blender Pitcher	Stacked Blade Assembly	4	Tomato Soup, Tomato Sauce, Root Vegetable Soup
Large Batch Drink Making	Blender Pitcher	Stacked Blade Assembly	5	Frozen Cocktails, Milkshakes, Frappes, Smoothies



Prep time: 5 minutes

Container: Blender Pitcher

Makes: 4 (14-ounce) servings

Strawberry Banana Smoothie

INGREDIENTS

4 small ripe bananas

3 cups lowfat milk

¼ cup agave nectar

3 cups frozen strawberries

DIRECTIONS

1. Place all ingredients into the Blender Pitcher in the order listed.
2. PULSE 3 times, then select SPEED 5 - CRUSH and blend until smooth, about 60 seconds.



Prep time: 5 minutes

Container: Small 18-ounce Nutri Ninja® Cup

Makes: 1 (16-ounce) serving

Island Sunrise Smoothie

INGREDIENTS

½ cup fresh pineapple chunks

½ small ripe banana

1 cup coconut water

½ cup frozen strawberries

½ cup frozen mango chunks

DIRECTIONS

1. Place all ingredients into the Small 18-ounce Nutri Ninja Cup in the order listed.
2. PULSE 3 times, then select NUTRI NINJA.
3. Remove blades from cup after blending..



Prep time: 5 minutes

Container: Small 18-ounce Nutri Ninja® Cup

Makes: 1 (12-ounce) serving

Autumn Blush

INGREDIENTS

½ cup steamed, cooled sweet potato

¾ cup unsweetened almond milk

1 tablespoon maple syrup

½ teaspoon flaxseed

⅛ teaspoon ground turmeric

¼ teaspoon salt

¼ cup ice

DIRECTIONS

1. Place all ingredients into the Small 18-ounce Nutri Ninja Cup in the order listed.
2. PULSE 3 times, then select NUTRI NINJA.
3. Remove blades from cup after blending..

DO NOT BLEND HOT INGREDIENTS.

Prep time: 5 minutes

Container: Small 18-ounce Nutri Ninja® Cup

Makes: 1 (12-ounce) serving

Cool Ginger-Pear

INGREDIENTS

½-inch piece fresh ginger, peeled

1 ripe pear, cored, cut in quarters

2 teaspoons fresh lemon juice

2 1/4 cups cold water

Honey, to taste

DIRECTIONS

1. Place all ingredients into the Regular 24-ounce Nutri Ninja Cup in the order listed.
2. PULSE 3 times, then select NUTRI NINJA.
3. Remove blades from cup after blending.



Prep time: 5 minutes

Container: Regular 24-ounce Nutri Ninja® Cup

Makes: 2 (11-ounce) servings

Lean Green Ninja

INGREDIENTS

- ½ small ripe banana
- ½ cup fresh pineapple chunks
- ½ cup fresh mango chunks
- ½ cup kale leaves
- ½ cup baby spinach
- ½ cup coconut water
- ½ cup ice

DIRECTIONS

1. Place all ingredients into the Regular 24-ounce Nutri Ninja Cup in the order listed.
2. PULSE 3 times, then select NUTRI NINJA.
3. Remove blades from cup after blending.





Prep time: 5 minutes

Container: Small 18-ounce Nutri Ninja® Cup

Makes: 1 (14-ounce) serving

Berry Tropical Smoothie

INGREDIENTS

½ cup fresh mango chunks

¼ cup fresh pineapple chunks

¼ cup fresh strawberries, hulled

¼ cup blueberries

½ cup baby spinach

¼ cup water

¼ cup ice

DIRECTIONS

1. Place all ingredients into the Small 18-ounce Nutri Ninja Cup in the order listed.
2. PULSE 3 times, then select NUTRI NINJA.
3. Remove blades from cup after blending..



Prep time: 5 minutes

Container: Regular 24-ounce Nutri Ninja® Cup

Makes: 1 (18-ounce) serving

Chai Spiced Eye Opener

INGREDIENTS

1 ripe pear, cored, cut in quarters

¼ inch piece fresh ginger, peeled

1 cup baby spinach

1 cup brewed, chilled chai tea

2 teaspoons fresh lemon juice

Dash salt

½ cup frozen mango chunks

DIRECTIONS

1. Place all ingredients into the Regular 24-ounce Nutri Ninja Cup in the order listed.
2. PULSE 3 times, then select NUTRI NINJA.
3. Remove blades from cup after blending..

DO NOT BLEND HOT INGREDIENTS.



Prep time: 5 minutes

Container: Small 18-ounce Nutri Ninja® Cup

Makes: 1 (12-ounce) serving

Strawberry Melon Blast

INGREDIENTS

- ¼ medium cucumber, peeled, cut in half
- 4 fresh strawberries, hulled
- ¾ cup cantaloupe chunks
- ¼ cup ice

DIRECTIONS

1. Place all ingredients into the Small 18-ounce Nutri Ninja Cup in the order listed.
2. PULSE 3 times, then select NUTRI NINJA.
3. Remove blades from cup after blending..

Prep time: 5 minutes

Container: Regular 24-ounce Nutri Ninja® Cup

Makes: 2 (11-ounce) servings

Lean Green Ninja

INGREDIENTS

- ½ small ripe banana
- ½ cup fresh pineapple chunks
- ½ cup fresh mango chunks
- ½ cup kale leaves
- ½ cup baby spinach
- ½ cup coconut water
- ½ cup ice

DIRECTIONS

1. Place all ingredients into the Regular 24-ounce Nutri Ninja Cup in the order listed.
2. PULSE 3 times, then select NUTRI NINJA.
3. Remove blades from cup after blending.





Prep time: 5 minutes

Container: Regular 24-ounce Nutri Ninja® Cup

Makes: 2 (10-ounce) servings

Cranberry Oat Soother

INGREDIENTS

½ cup walnut pieces

⅓ cup whole-berry cranberry sauce

1 cup oat milk

¼ teaspoon vanilla

1 tablespoon honey

Dash salt

1½ cups ice

DIRECTIONS

1. Place all ingredients into the Regular 24-ounce Nutri Ninja Cup in the order listed.
2. PULSE 3 times, then select NUTRI NINJA.
3. Remove blades from cup after blending..



Prep time: 10 minutes

Cook time: 10–12 minute

Container: Food Processor Bowl

Makes: 8 servings

Chicken Apple Sausage

INGREDIENTS

- 1 small onion, peeled, cut in quarters
- 2 apples, peeled, cored, cut in quarters
- ½ cup fresh sage leaves
- 1 tablespoon olive oil
- 1 pound uncooked boneless, skinless chicken thighs, cut in 2-inch chunks
- ¼ teaspoon salt
- ⅛ teaspoon ground cinnamon
- ⅛ teaspoon ground black pepper

DIRECTIONS

1. Preheat oven to 350°F. Line a cookie sheet with parchment paper; set aside.
2. Place onion, apples, and sage into the Food Processor Bowl. PULSE until finely chopped.
3. Heat olive oil in a medium skillet over medium heat. Add chopped onion mixture and sauté several minutes, until soft. Remove from heat and place in a large bowl to cool slightly.
4. Place chicken thighs into the Food Processor Bowl. PULSE until finely ground. Add ground chicken to bowl with chopped onion mixture. Add cinnamon and season with salt and pepper. Mix well, using your hands.
5. Form mixture into 8 patties and place on prepared cookie sheet. Bake 10 to 12 minutes, or until fully cooked.

DO NOT BLEND HOT INGREDIENTS.



Prep time: 15 minutes + 4 hours rest

Cook time: 25 minutes

Container: Pitcher

Makes: 8 servings

Spinach & Feta Egg Strata

INGREDIENTS

Cooking spray

1 loaf day-old French bread, crusts removed, torn in bite-sized pieces

5 large eggs

1 cup half & half

½ cup cubed Monterey Jack cheese

½ cup cubed feta cheese

1 cup frozen spinach, thawed, squeezed of excess liquid

¼ teaspoon ground nutmeg

½ teaspoon salt

¼ teaspoon black pepper

DIRECTIONS

1. Coat 9-inch round baking pan with cooking spray. Place torn bread into pan; set aside.
2. Add eggs, half & half, Monterey Jack cheese, feta cheese, spinach, nutmeg, salt, and pepper to the Pitcher.
3. Select SPEED 2 - Mix and blend for 10 seconds, then pour egg mixture over bread. Cover and refrigerate for 4 hours to allow egg mixture to soak into bread.
4. Preheat oven to 350°F. Bake for 25 minutes until puffed and golden brown. Serve warm.

DO NOT BLEND HOT INGREDIENTS.



Prep time: 15 minutes

Container: Small 18-ounce Nutri Ninja® Cup

Makes: 1 (12-ounce) serving

Spanish Chilled Tomato Soup

INGREDIENTS

1-inch-thick slice of baguette

½ cup cold water

1 ½ vine-ripened tomatoes,
cored, cut in quarters

1 small clove garlic

1 tablespoon dry-roasted almonds

2 tablespoons olive oil

½ teaspoon sherry vinegar

¼ teaspoon salt

Dash ground black pepper

DIRECTIONS

1. Place baguette and cold water into a small bowl and let sit for 10 minutes, allowing bread to soften.
2. In a mesh strainer set over a medium bowl, squeeze out seeds from each piece of tomato. Set cleaned tomatoes aside. Push seeds around in strainer to release as much liquid as possible. Reserve extracted liquid and discard seeds.
3. Squeeze the baguette of excess liquid and place it into the Small 18-ounce Nutri Ninja Cup. Add tomatoes, tomato liquid, garlic, almonds, olive oil, sherry vinegar, salt, and pepper.
4. PULSE 3 times, then select NUTRI NINJA.
5. Chill before serving. Adjust seasonings and garnish as desired.
6. Remove blades from cup after blending.

DO NOT BLEND HOT INGREDIENTS.



Prep time: 15 minutes

Container: Food Processor Bowl

Makes: 3 servings

Chop + Cheery Salad

INGREDIENTS

1 small head Bibb lettuce, outer leaves removed and reserved

½ small head radicchio, cut in half

¾ cup parsley leaves

¾ cup watercress

½ red bell pepper, cut in half, seeds removed

3-ounce chunk (or 1/3 cup crumbled) feta cheese

14 grape tomatoes

1 can (14 ounces) low-sodium garbanzo beans, drained, blotted dry

½ teaspoon salt

½ teaspoon ground black pepper, or to taste

DIRECTIONS

1. Place all ingredients into the Food Processor Bowl in the order listed.
2. PULSE until roughly chopped, about 5 to 7 times. Serve drizzled with your favorite vinaigrette.



Prep time: 15 minutes

Cook time: 30 minutes

Container: Pitcher

Makes: 4 (12-ounce) servings

Creamy Sweet Potato Soup

INGREDIENTS

2 tablespoons extra virgin olive oil

1 medium yellow onion, chopped

1 teaspoon salt

Pinch ground black pepper

4 cups sweet potatoes, cut in 1-inch cubes

3 cups low-sodium vegetable broth

1 cup half & half

DIRECTIONS

1. Preheat a 3-quart saucepan over medium-low heat. Add oil and onions and sauté, stirring occasionally, until translucent, about 3 to 5 minutes.
2. Add salt, black pepper, sweet potatoes, and vegetable broth. Bring to a boil, reduce heat to medium-low, and cook for 20 to 25 minutes or until sweet potatoes are fork-tender.
3. Remove mixture from heat and cool to room temperature. (Ninja containers are NOT intended for hot blending.)
4. Place cooled mixture and half & half into the Pitcher.
5. Select SPEED 4 and blend until smooth.
6. Return soup to saucepan and simmer until heated through.

DO NOT BLEND HOT INGREDIENTS.



Prep time: 15 minutes

Cook time: 20 minutes

Container: Food Processor Bowl

Makes: 16 meatballs

Turkey Meatballs

INGREDIENTS

1 pound uncooked dark turkey meat,
cut in 1-inch cubes, well-chilled

½ onion, peeled, chopped

4 cloves garlic, minced

¼ cup chopped Italian parsley leaves

½ cup grated Parmesan cheese

¼ cup breadcrumbs

2 tablespoons tomato paste

2 eggs, beaten

Salt and pepper, to taste

Cooking spray

4 cups marinara sauce

DIRECTIONS

1. Add cubed turkey to the Food Processor Bowl.
2. PULSE until turkey is finely chopped, about 5 to 7 times. Do not over-process.
3. Transfer ground turkey to a bowl and add onion, garlic, parsley, Parmesan cheese, breadcrumbs, tomato paste, eggs, salt, and pepper, mixing with your hands to combine. Form mixture into 16 mini meatballs.
4. Lightly coat a large skillet with cooking spray. Sauté meatballs over medium-high heat until browned on all sides, about 5 minutes.
5. Add marinara sauce and simmer until sauce is thickened and meatballs are cooked through completely, about 15 to 20 minutes.



Prep time: 25 minutes

Cook time: 20 minutes

Container: Food Processor Bowl

Makes: 2 cups

Kale & Sunflower Pesto

INGREDIENTS

- | | |
|--|--------------------------------------|
| ½ medium bunch kale, stems removed | Zest and juice of ½ lemon |
| ¼ cup fresh basil | ¼ cup olive oil, plus more as needed |
| 1 large clove garlic | 2 tablespoons water |
| ¼ cup roasted unsalted sunflower seeds | ⅛ teaspoon salt |
| 1-ounce chunk (or 1/8 cup grated)
Parmesan cheese | ⅛ teaspoon ground black pepper |

DIRECTIONS

1. Bring 4 quarts salted water to a boil. Blanch kale leaves for 30 seconds and upon removal, immediately plunge into ice water. Squeeze kale leaves dry.
2. Add kale and all remaining ingredients to the Food Processor Bowl .
3. PULSE 5 times, scrape down sides of Food Process Bowl, then select SPEED 3 - Puree and blend for about 60 seconds to desired consistency. Add more oil if needed. Enjoy atop your favorite pasta or as a delicious dip for your next dinner party.

DO NOT BLEND HOT INGREDIENTS.



Prep time: 10 minutes

Cook time: 10 minutes

Container: Food Processor Bowl

Makes: 4 patties

World's Best Burger

INGREDIENTS

1 pound uncooked lean strip steak beef,
cut in 1-inch cubes

Salt and pepper, to taste

1 tablespoon canola oil

4 whole wheat hamburger buns

4 leaves leaf lettuce

4 slices tomato

4 slices lowfat cheddar cheese

DIRECTIONS

1. Place beef into the Food Processor Bowl.
2. PULSE to desired consistency.
3. Form into 4 burgers. Season with salt and pepper.
4. Heat oil in a medium skillet over medium-high heat and cook burgers for 4 minutes per side or to designed degree of doneness.
5. Serve on whole wheat buns with lettuce, tomato, and sliced cheese or on a bed of your favorite greens.



Prep time: 15 minutes

Cook time: 10–12 minutes

Container: Food Processor Bowl

Makes: 24 cookies

Gluten-Free Cherry Oaties

INGREDIENTS

½ cup coconut oil

1 egg

½ teaspoon vanilla extract

⅓ cup brown sugar, packed

⅓ cup granulated sugar

1 ¼ cups gluten-free flour

½ cup almond meal

½ cup gluten-free oats

¼ cup unsweetened shredded coconut

½ teaspoon baking soda

1 teaspoon salt

½ teaspoon ground cinnamon

½ cup dried cherries, roughly chopped

DIRECTIONS

1. Preheat oven to 350°F. Line 2 cookie sheets with parchment paper and set aside.
2. Place the dough blade assembly into the Food Processor Bowl. Add coconut oil, egg, vanilla, brown sugar, and granulated sugar. PULSE 3 times, then process on SPEED 1 - Dough for 15 seconds to cream ingredients. Scrape down sides of Food Processor Bowl.
3. In a medium bowl, combine flour, almond meal, oats, coconut, baking soda, salt, and cinnamon and stir to combine. Add half the dry mixture to the Food Processor Bowl. PULSE 3 times, then process on SPEED 1 - Dough for 10 seconds. Scrape down sides of Food Processor Bowl, then add remaining dry mixture. Continue to process on LOW for 15 seconds until dough is evenly combined.
4. Add cherries to the Food Processor Bowl and PULSE 5 to 7 times, until they are evenly dispersed throughout dough.
5. Spoon tablespoon-sized scoops of dough onto prepared cookie sheets, about 2 inches apart. Bake 10 to 12 minutes until just golden brown. Cookies will be very soft upon removal from oven but will set within 5 minutes of resting.



Prep time: 5 minutes

Container: Pitcher

Makes: 4 (10-ounce) servings

Frozen Hot Chocolate

INGREDIENTS

2 cups lowfat milk, separated

½ cup instant nonfat dry milk

5 tablespoons unsweetened cocoa powder

4 tablespoons agave nectar

Pinch salt

3 cups ice

DIRECTIONS

1. In a bowl, combine 1 cup of milk with instant nonfat dry milk, cocoa powder, agave nectar, and salt. Stir with a whisk or fork until all ingredients have formed a smooth slurry.
2. Add the ice to the Pitcher followed by the slurry and last cup of milk.
3. PULSE 3 times, then select SPEED 5 - Crush and blend until smooth, about 45 seconds.

DO NOT BLEND HOT INGREDIENTS.



Prep time: 15 minutes

Container: Pitcher

Makes: 1¼ cups

Honey Almond Butter

INGREDIENTS

2 cups roasted almonds

3 tablespoons honey

1 tablespoon canola oil

⅛ teaspoon salt

DIRECTIONS

1. Place all ingredients into the Pitcher in the order listed.
2. Select SPEED 3 - Puree and blend for 1 minute. Scrape down sides of Pitcher and blend on SPEED 3 - Puree until smooth, about 1½ minutes.



Prep time: 10 minutes

Containers: Pitcher, Small 18-ounce Nutri Ninja® Cup

Makes: 8 (7-ounce) servings

Tropical Cooler

INGREDIENTS

1 cup fresh pineapple chunks

½ jalapeño pepper, seeds removed

½-inch piece fresh ginger, peeled

⅓ English cucumber, peeled, cut in quarters

Juice of 1 ½ limes

1 ½ cups coconut water

5 ounces silver tequila

3 tablespoons agave nectar

¼ teaspoon ground coriander

3 ½ cups frozen mango chunks

1 ½ cups ice

Garnish:

4 tablespoons unsweetened coconut flakes

¼ heaping teaspoon cayenne pepper

8 unpeeled cucumber slices, cut from center to edge

DIRECTIONS

1. Place all ingredients into the Blender Pitcher in the order listed.
2. Select SPEED 5 - Crush and blend until smooth, about 60 seconds.
3. To garnish, add coconut flakes and cayenne pepper to the 18-ounce Nutri Ninja Cup. PULSE 10 times. Remove blades from cup after blending. Pour mixture onto a flat plate. Wet rims of glasses with a lime and turn upside down in coconut-cayenne mixture. Pour cocktail in glasses and place a cucumber slice on the rim of each one.



Prep time: 10 minutes

Cook time: 20 minutes

Container: Food Processor Bowl

Makes: 4 cups

Spinach & Artichoke Dip

INGREDIENTS

¼ cup mayonnaise

¼ cup sour cream

1 package (8 ounces) cream cheese

2 tablespoons lemon juice

½ cup lowfat shredded mozzarella cheese

¼ cup grated Parmesan cheese

4 cloves garlic

1 can (14 ounces) artichoke hearts,
drained

1 cup frozen spinach, thawed,
squeezed of excess liquid

Sliced French bread or pita chips,
for serving

DIRECTIONS

1. Preheat oven to 350°F.
2. Place mayonnaise, sour cream, cream cheese, lemon juice, mozzarella, Parmesan cheese, and garlic into the Food Processor Bowl. Select SPEED 3 - Puree and blend for 15 seconds.
3. Add artichokes and spinach to the Food Processor Bowl and PULSE 5 times. Scrape down sides of Food Processor Bowl and PULSE 5 more times, until evenly incorporated.
4. Spoon dip into a heat-resistant serving dish and bake for 20 minutes. Serve warm with sliced French bread or pita chips.

DO NOT BLEND HOT INGREDIENTS.



Prep time: 5 minutes

Container: Pitcher

Makes: 4 (8-ounce) servings

Frozen Margarita

INGREDIENTS

- ¾ cup tequila
- ¼ cup triple sec
- ⅓ cup fresh lime juice
- ⅓ cup water
- ¾ cup frozen limeade
- 4 cups ice

DIRECTIONS

1. Place all ingredients into the Pitcher in the order listed.
2. PULSE 3 times, then select SPEED 5 - Crush and blend until smooth, about 60 seconds.

