

**NINJA**<sup>®</sup>

*Single Serve System Pulse*<sup>™</sup>

BL100

OWNER'S GUIDE



[www.ninjakitchen.com](http://www.ninjakitchen.com)





# IMPORTANT SAFETY INSTRUCTIONS

## For Household Use Only

WHEN USING ELECTRICAL APPLIANCES, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED, INCLUDING THE FOLLOWING:

READ ALL INSTRUCTIONS BEFORE USING YOUR *NINJA® SINGLE SERVE SYSTEM PULSE™*.

### POLARIZED PLUG

**WARNING:** To reduce the risk of electric shock, this appliance has a polarized plug (one blade is wider than the other). This plug will fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet. **DO NOT modify the plug in any way.**

## WARNING:

**TO REDUCE THE RISK OF FIRE, ELECTRIC SHOCK OR INJURY:**

1. To protect against electrical shock, do not submerge the appliance or allow the power cord to come into contact with water or any other liquid.
2. **DO NOT** allow young children to operate the appliance or use as a toy. Close supervision is necessary when any appliance is used by or near children.
3. Never leave an appliance unattended when in use.
4. Remove the power cord from the electrical outlet when not in use, before assembling or disassembling parts and before cleaning. To unplug, grasp the plug and pull from the electrical outlet. Never pull from the power cord.
5. **DO NOT** abuse the power cord. Never carry the appliance by the power cord or yank it to disconnect from electrical outlet; instead grasp the plug and pull to disconnect.
6. **DO NOT** operate any appliance with a damaged cord or plug, or after the appliance malfunctions, has been dropped or damaged in any manner. This appliance has no serviceable parts. Return the appliance to EURO-PRO Operating LLC for examination, repair or adjustment.
7. **DO NOT** let the power cord hang over the edge of table or counter or touch hot surfaces such as the stove.
8. Always use appliance on a dry, level surface.





9. Keep hands, hair, clothing, as well as utensils out of container while processing to reduce the risk of severe injury to persons or damage to the appliance. A scraper may be used but only when the appliance is not running.
10. **CAUTION:** Blade assembly is sharp, handle with care. When handling the blade assembly, always hold by the shaft or collar.
11. Avoid contact with moving parts.
12. **DO NOT attempt to sharpen blades.**
13. **DO NOT** use the appliance if blade assembly is bent or damaged.
14. To reduce risk of injury, never place the blade assembly on the base without the pitcher or bowl properly attached.
15. **DO NOT** operate this appliance on or near any hot surfaces (such as gas or electric burner or in a heated oven).
16. The use of attachments or accessories including canning jars, not recommended by the manufacturer may result in fire, electric shock or personal injury.
17. **DO NOT** remove the container from the motor base while the appliance is in operation.
18. To reduce the risk of injury, **NEVER** operate the appliance without the lid in place; **DO NOT** try to defeat the interlock mechanism; make sure that the attachment is properly installed before operating the appliance.
19. **DO NOT** expose containers to extreme temperature changes.
20. **DO NOT** blend hot liquids.
21. **DO NOT** overfill.
22. **DO NOT** operate the appliance empty.
23. If the appliance overheats, a thermal switch will become activated and shut off the motor. To reset, unplug the appliance and let it cool down for approximately 30 minutes before using again.
24. **THIS PRODUCT IS INTENDED FOR HOUSEHOLD USE ONLY.** Do not use this appliance for anything other than its intended use. Do not use outdoors.

 **WARNING:** Extension cords are not recommended for use with this product.

## SAVE THESE INSTRUCTIONS



**THIS BOOK COVERS MODEL NUMBER:**

BL100 30

**TECHNICAL SPECIFICATIONS**

Voltage: 120V., 60Hz.

Power: 600 Watts

Single Serving Cup: 16 ounces. (2 cups)

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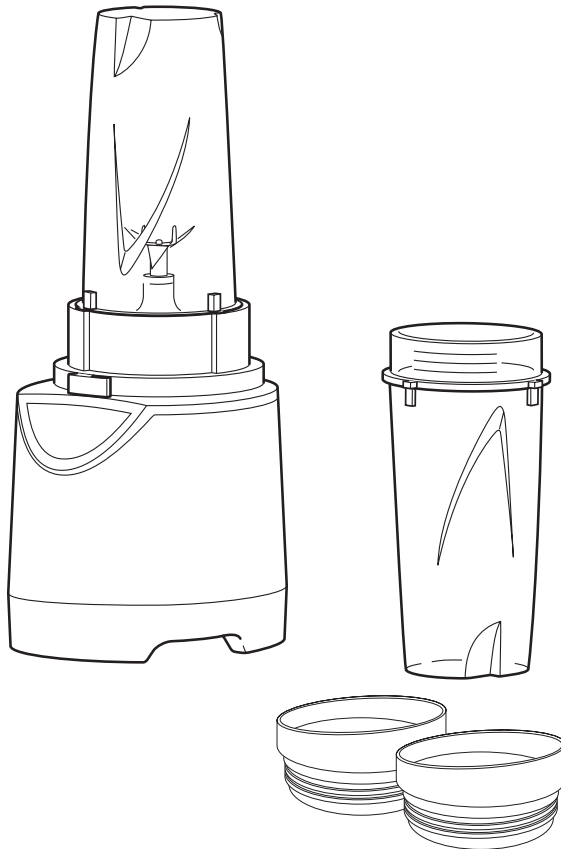




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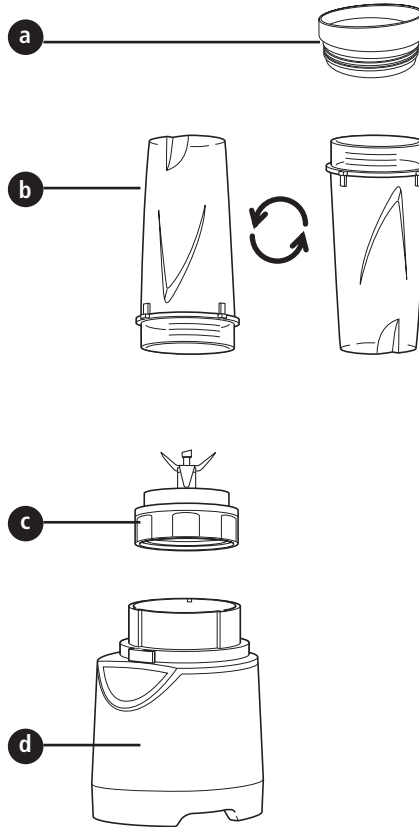
Thank you for purchasing the **Ninja® Single Serve System Pulse™**.

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## Getting To Know Your Ninja® Single Serve System Pulse™

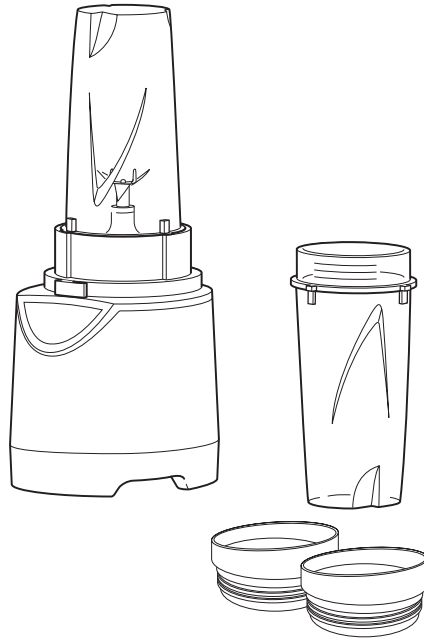


- a To-Go Single Serve Lids (x2)
- b Single Serve Drink Cup (x2)
- c Single Serve Blade
- d Motor Base
- e Power Cord (not shown)





The **Ninja® Single Serve System Pulse™** is a high powered innovative tool with a compact design and outstanding performance. It is perfect for ice crushing, chopping and blending. Blend and go with the convenient single serve cup, create delicious drinks to get you out the door! Best results are achieved when you **Pulse**.



**FEATURES:**

- **Ninja® Blade Technology**
- **Single Serve Drink Cup - BPA Free**
- **Cord storage**
- **Pulse Power:** Controlled blending by using short pulses. In short intervals, press down on the top of the single serve drink cup and pulse to the perfect consistency.
- **Single Serve Blending:** Fill, blend, and go! Blend right in the single serve drink cup and twist on the to-go lid for a healthy, convenient snack with little clean up.

For best results, be sure to carefully read all the instructions contained in the manual before using this appliance.



## Assembling the *Ninja*® Single Serve System *Pulse*™

### PLEASE KEEP THESE IMPORTANT SAFEGUARDS IN MIND WHEN USING THE APPLIANCE:

- ⚠ CAUTION:** Blades are sharp! Use extreme caution when handling the blade assemblies.
- ⚠ IMPORTANT:** Never run the appliance empty.
- ⚠ CAUTION:** Never attempt to remove the single serve container while the appliance is still running.
- ⚠ WARNING:** Never leave the appliance unattended while in use.

### BEFORE FIRST USE

- 1 Remove all packaging material and labels from the appliance.
- 2 Wash the lids and single serve cups in warm, soapy water with a soft cloth. **Use caution when washing the blade assembly as the blades are very sharp.**
- 3 Rinse and dry thoroughly.
- 4 The single serve cups and lids are all dishwasher safe. It is recommended that the lids and single serve cups be placed on the top rack. Ensure that the attachments are removed from the containers before placing in the dishwasher.
- 5 Wipe the motor base clean with a damp cloth. Do not place in dishwasher or immerse in water.



## Assembly and Use for the Single Serve Cup

### ASSEMBLY

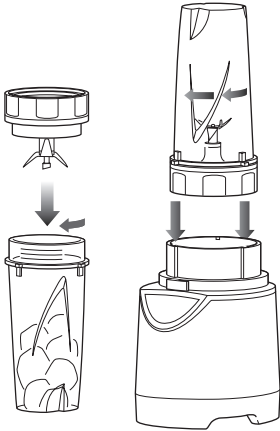


Fig. 1

Fig. 2

### PULSE

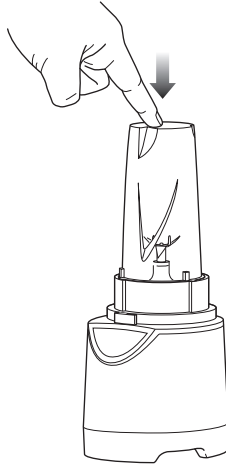


Fig. 3

### REMOVAL

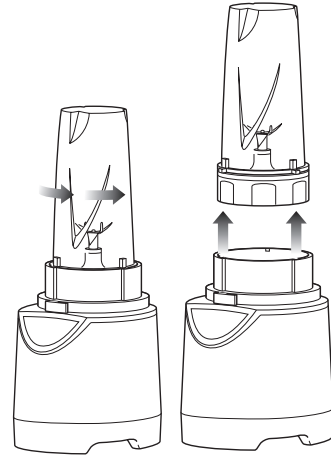


Fig. 4

Fig. 5

💡 For best results, use short **"PULSES"**... Practice makes perfect!!

**⚠ IMPORTANT:** Make sure that the motor base is plugged in for use.

- 1 Place the motor base on a clean, dry, level surface such as a counter or table top.
- 2 Add ingredients to the single serve cup.
- 3 Place the single serve blade onto the cup and screw it tightly until you have a good seal. (Fig. 1)
- 4 Turn the single serve cup upside down and place it onto the motor base, aligning the tabs on the cup with the motor base. Turn to the left, the unit is ready for use. (Fig. 2)
- 5 Press down on the top of the cup in short intervals to activate. (Fig. 3)
- 6 When you have reached your desired consistency, stop the appliance by removing your hand from the single serve cup. Then turn the single serve cup to the right (Fig. 4) and pull straight up to remove. (Fig. 5)  
**NOTE:** Do not overfill! To avoid spilling, do not add ingredients past the "Max" fill line.
- 7 Turn the cup upright and remove the single serve blade by twisting the blade assembly to the left.
- 8 Place the To-Go drinking lid onto the single serve drink cup, twist to seal and enjoy!
- 9 Make sure that the motor base is unplugged when not in use.

## Suggested Uses

FUNCTION	CONTAINER	ATTACHMENT	TYPE OF FOOD
Mincing	Single Serve	Single Serve Blade	Onion Garlic Herbs
Blending	Single Serve	Single Serve Blade	Smoothies Milkshakes Frozen Drinks Dips Spreads
Grating	Single Serve	Single Serve Blade	Cheese Bread Crumbs
Ice Crushing	Single Serve	Single Serve Blade	Ice Slushies Snow Cones
Complete Juicing	Single Serve	Single Serve Blade	Fruit & Vegetable Drinks

## Care & Maintenance

### HOW TO CLEAN

**⚠ CAUTION:** Make sure that the motor base is unplugged from the power source before inserting or removing any attachment and before cleaning.

**⚠ CAUTION:** DO NOT immerse the motor base into water or any other liquid.

- 1 Separate/remove all parts from each other.
- 2 Clean the motor base and gear shaft with a damp cloth and wipe dry.
- 3 Place the single serve cups in the dishwasher. Place the lids on the top rack. **Use caution when handling the single serve blade assembly as the blades are very sharp.**

**NOTE:** You may also wash the containers by filling the single serve cup with no more than 10-oz. of warm water and a drop of dish washing detergent, placing the single serve blade on the single serve cup and pulsing a few times. Do not fill the single serve cup with more than 10-oz. of water because it will overflow. Once clean, remove the single serve cup from the motor base. Rinse the single serve cup and single serve blade under running water. Allow all the parts to dry before storing.

Please call customer service if any servicing needs to be performed on the appliance at 1-877-646-5288.

### HOW TO STORE

- 1 Store the *Ninja® Single Serve System Pulse™* upright with the single serve cup and single serve blade. Secure the power cord underneath the base by wrapping the cord around the cord wrap. Do not place anything on top. Store the single serve cup and lids along side the appliance where they will not be damaged and won't cause a hazard.

### RESETTING THE MOTOR THERMOSTAT

The *Ninja® Single Serve System Pulse™* features a unique safety system which prevents damage to the unit's motor and drive system should you inadvertently overload your appliance. If the appliance is being overloaded, the motor will stop. To reset the appliance, follow the resetting procedure below:

- 1 Unplug the appliance from the electrical outlet.
- 2 Remove and empty the container and ensure that no food is jamming the cutting blades or attachments.
- 3 Allow the appliance to cool for approximately 30 minutes.
- 4 Re-install the single serve cup onto the base and re-plug the appliance into the electrical outlet.
- 5 Proceed to use the appliance as before making sure not to exceed the recommended maximum capacities.



## Troubleshooting Guide

PROBLEMS	POSSIBLE REASONS & SOLUTIONS
<b>Motor Doesn't Start or Attachment Doesn't Rotate.</b>	<ul style="list-style-type: none"> <li>• Make sure the single serve cup, make sure that the tabs are seated in the slots and turned to the left.</li> <li>• Check that the plug is securely inserted into the electrical outlet.</li> <li>• Check the fuse or circuit breaker in your electrical box.</li> <li>• The unit could be overloaded. Unplug and wait approximately 30 minutes before using again.</li> <li>• The unit could be overheated. Unplug the unit and wait 30 minutes to reset.</li> </ul>
<b>Food is Unevenly Chopped.</b>	<ul style="list-style-type: none"> <li>• Either you are chopping too much food at once, or you are not pulsing properly. Remove some of the food items.</li> </ul>
<b>Food is Too Finely Chopped or Too Watery.</b>	<ul style="list-style-type: none"> <li>• The food has been over processed. Pulse ingredients for best results. Press down on the single serve cup in short intervals.</li> </ul>
<b>You Cannot Achieve Snow From Ice Cubes.</b>	<ul style="list-style-type: none"> <li>• For best results use ice straight from the freezer. Try using short pulses instead of one long one.</li> </ul>
<b>Single serve cup is leaking.</b>	<ul style="list-style-type: none"> <li>• Make sure that the single serve blade set is tightly screwed on to the cup before blending. Turn the lid tightly clockwise.</li> </ul>
<b>Unit doesn't turn on.</b>	<ul style="list-style-type: none"> <li>• Make sure the unit is plugged in.</li> <li>• Rotate and press down on the single serve cup to turn the unit on.</li> </ul>
<b>Unit doesn't turn off.</b>	<ul style="list-style-type: none"> <li>• Release your hand from the single serve cup to turn the unit off.</li> </ul>
<b>Doesn't mix well.</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>

## Replacement Parts

### ORDERING REPLACEMENT PARTS

To order additional parts and attachments, please visit our website:  
[www.ninjakitchen.com](http://www.ninjakitchen.com) or feel free to contact customer service: 1-877-646-5288.



## Recipes

### Breakfast Smoothie

**Ingredients:**

1/2	Banana
2	Frozen Strawberries
1/4 Cup	Blueberries
1 Cup	Orange Juice
3	Ice Cubes

**Directions:**

Add the ingredients, in the order listed above, into the single serve cup.

Screw on the single serve cup blade lid, screwing the lid on tightly.

Place the single serve cup on to the motor base (see assembly instructions).

Push down on the top of the single serve cup to begin blending. Run until smooth. Serve immediately.

Serves 1.

Single Serve Cup

### Chili Garlic Sauce

**Ingredients:**

4 oz.	Thai or Hot Red Chilies (such as serrano)
3	Cloves Garlic Peeled
1/4 tsp.	Salt
1 tbsp.	Sugar
1 tbsp.	Rice Wine Vinegar

**Directions:**

Place all ingredients into the Single Serve Cup and pulse until coarsely chopped. Transfer to a small sauce pan and bring to a low boil over medium heat. Reduce heat and sauté for about 5 minutes until flavors combine. Cool and store refrigerated in a tightly sealed glass jar for up to 3 to 4 weeks.

Single Serve Cup





## Breakfast For One

### Ingredients:

3	Egg Whites (or $\frac{3}{4}$ cup packaged egg whites)
2 tbsp.	Low Fat Ricotta Cheese
2 tbsp.	Chives (or green onions)
$\frac{1}{3}$ tsp	Ground Paprika
$\frac{1}{8}$ tsp	Salt
$\frac{1}{2}$ tsp	Black Pepper
2 tbsp.	Mushroom, pieces
2 tbsp.	Ham, chopped
1 tbsp.	Butter

### Directions:

Place the egg whites, ricotta, chives, paprika, salt and pepper in the Single Serve Cup. Push down on the top of the Single Serve Cup to begin blending.

In a nonstick sauté pan, heat the butter over medium heat. Add the egg mixture, mushrooms and ham and cook, stirring frequently until fluffy and cooked through. Serve hot.

Single Serve Cup

## Apple, Pecan and Stilt on Salad with Vanilla Apple Vinaigrette

### Ingredients:

$\frac{1}{2}$ Cup	Toasted Pecans
$\frac{1}{2}$ Cup	Olive Oil
$\frac{1}{4}$ Cup	Champagne Vinegar
3 tbsp.	Apple Juice
1	Small Shallot, peeled and halved
1 tsp	Vanilla Extract
1 tsp	Fresh Chervil, (or use fresh parsley)
1 tsp	Black Pepper
$\frac{1}{2}$ tsp	Salt
4 cups	Spring Lettuce Mix
1	Small Granny Smith Apple, thinly sliced
$\frac{1}{3}$ Cup	Stilton, crumbled (or favorite blue cheese)

### Directions:

Place the pecans in the Single serve Cup and Pulse until chopped. Set aside.

Place oil, vinegar, apple juice, shallot, vanilla, chervil, salt and pepper into the Single Serve Cup. Pulse until smooth. Arrange spring mix, apple slices and pecans on individual plates. Drizzle each with the Vanilla apple Vinaigrette and top with the Stilton cheese. Serve right away or chill until serving.

Single Serve Cup



## Recipes - cont.

### Complete Afterburner Juice

**Ingredients:**

1 Cup	Green Grapes
2	Medium Leaves Romaine Lettuce
$\frac{1}{4}$ Cup	Cucumber, peeled
$\frac{1}{2}$ Cup	Water
3-4	Ice Cubes

**Directions:**

Place all ingredients into the Single Serve Cup and pulse until smooth.

Single Serve Cup

### Green On Green

**Ingredients:**

1	Kiwi, Peeled and Halved
2	Small Leaves of Kale
$\frac{1}{2}$	Granny Smith Apple, Cored
$\frac{1}{3}$ Cup	Coconut Water
2-3	Ice Cubes

**Directions:**

Place all the ingredients in the single serve cup and Pulse until smooth. Serve right away -

Single Serve cup





## ONE (1) YEAR LIMITED WARRANTY

**EURO-PRO Operating LLC** warrants this product to be free from material defects and workmanship for a period of one (1) year from the date of purchase when utilized for normal household use, subject to the following conditions, exclusions and exceptions.

The liability of **EURO-PRO Operating LLC** is limited solely to the cost of the repair or replacement of the unit at our option. This Limited Warranty does not cover normal wear of parts and does not apply to any unit that has been tampered with or used for commercial purposes. This Limited Warranty does not cover damage caused by misuse, abuse, negligent handling or damage due to faulty packaging or mishandling in transit. This Limited Warranty does not cover damage or defects caused by or resulting from damages from shipping or repairs, service or alteration to the product or any of its parts, which have been performed by a repair person not authorized by **EURO-PRO Operating LLC**.

If your appliance fails to operate properly while in use under normal household conditions within the Limited Warranty period, you may return the complete appliance and accessories with proof of purchase and date, freight prepaid. For Customer Service support, call 1-877-646-5288 or visit our website [www.ninjakitchen.com](http://www.ninjakitchen.com).

If the appliance is found by **EURO-PRO Operating LLC** to be defective, in **EURO-PRO Operating LLC's** sole discretion, we will repair or replace it free of charge. Proof of purchase date and a check made payable to **EURO-PRO Operating LLC** in the amount of \$19.95 to cover the cost of return shipping and handling must be included.\*

This Limited Warranty is extended to the original purchaser of the unit and excludes all other legal, implied and/or conventional warranties. The responsibility of **EURO-PRO Operating LLC** if any, is limited to the specific obligations expressly assumed by it under the terms of this Limited Warranty. **In no event is EURO-PRO Operating LLC** liable for incidental or consequential damages to anyone of any nature whatsoever. Some states do not permit the exclusion or limitation of incidental or consequential damages, so the above may not apply to you.

This Limited Warranty gives you specific legal rights, and you may also have other rights which vary from state to state or from province to province.

**\*IMPORTANT: Carefully pack item to avoid damage in shipping. Be sure to include proof of purchase date and to attach tag to item before packing with your name, complete address and phone number with a note giving purchase information, model number and what you believe is the problem with the item. We recommend you insure the package (as damage in shipping is not covered by your Limited Warranty). Mark the outside of your package "ATTENTION CUSTOMER SERVICE". We are constantly striving to improve our products, therefore the specifications contained herein are subject to change without notice.**

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## Product Registration

Please visit [www.ninjakitchen.com](http://www.ninjakitchen.com) or call 1-877-646-5288 to register your new Ninja® product within ten (10) days of purchase. You will be asked to provide the store name, date of purchase and model number along with your name and address.

The registration will enable us to contact you in the unlikely event of a product safety notification. By registering you acknowledge to have read and understood the instructions for use, and warnings set forth in the accompanying instructions.



Euro-Pro Operating LLC

US: Newton, MA 02459

CAN: Ville St-Laurent, QC H4S 1A7

1-877-646-5288

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