

For Ninja expertise, please call:
1-877-646-5288

www.ninjakitchen.com

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NINJA®

Kitchen System Pulse™

BL201

OWNER'S GUIDE



www.ninjakitchen.com



IMPORTANT SAFETY INSTRUCTIONS

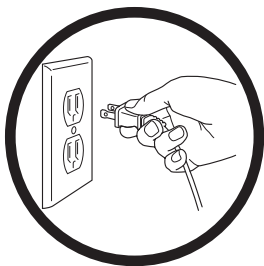
For Household Use Only

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

READ ALL INSTRUCTIONS BEFORE USING YOUR NINJA® KITCHEN 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. 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. **CAUTION:** When mixing pizza dough or any heavy mix such as bread dough or pastry dough, mix for up to 1 minute, then let the appliance rest for approximately 1 minute before mixing again to prevent overheating of the appliance.
24. 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.
25. **THIS PRODUCT IS INTENDED FOR HOUSEHOLD USE ONLY.** Do not use this appliance for anything other than its intended use. Do not use outdoors.
26. The maximum rating is based on the Cookie Paddle (40 oz. bowl) that drives the greatest power and other recommended attachments may draw less power or current.
27. Keep the pour spout closed when blending to prevent splashing.

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

SAVE THESE INSTRUCTIONS

THIS BOOK COVERS MODEL NUMBER:

BL201 30

TECHNICAL SPECIFICATIONS

Voltage: 120V., 60Hz.

Power: 550 Watts

Bowl Capacity: 40 ounces (5 cups)

Single Serving Cup: 16 ounces. (2 cups)



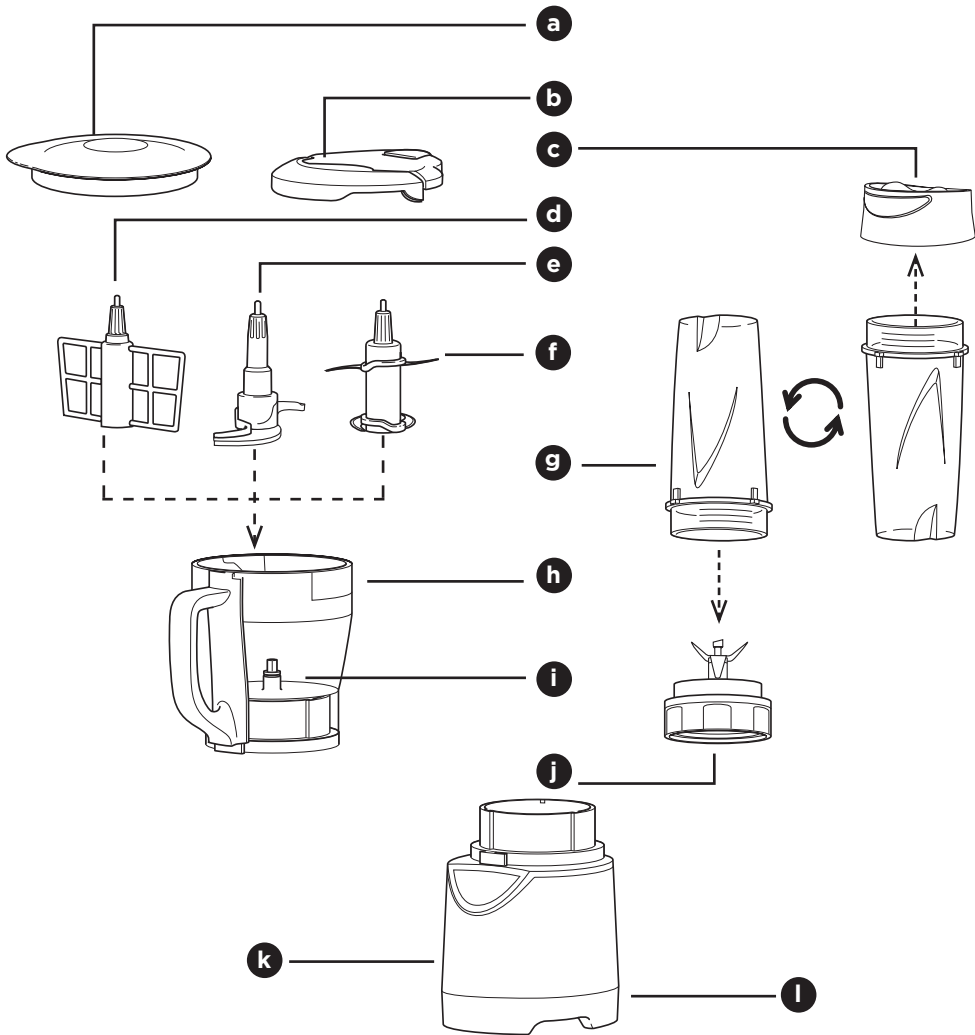
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Getting To Know Your Ninja® Kitchen System Pulse™



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|--|--|
| <ul style="list-style-type: none"> a 40-oz. Bowl Storage Lid b 40-oz. Bowl Lid with Locking Handle c To-Go Single Serve Lids (x2) d Cookie Paddle (40-oz. bowl) e Dough Blade (40-oz. bowl) f 4-Blade Assembly (40-oz. bowl) | <ul style="list-style-type: none"> g Single Serve Drink Cup (x2) h 40-oz. Bowl i Drive Gear j Single Serve Blade k Motor Base l Power Cord (not shown) |
|--|--|

NOTE: Attachments are not interchangeable.

The **Ninja® Kitchen System Pulse™** is a high powered innovative tool with a compact design and outstanding performance. It is perfect for ice crushing, chopping, blending, kneading and complete juicing. The **Ninja® Kitchen System Pulse™** also features a unique capability to knead dough for cookies, breads, pizza and more! 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**
- **40 oz. Bowl and Single Serve Drink Cup - BPA Free**
- **Cord storage**
- **Pulse Power:** Controlled blending, processing, juicing, and kneading by using short pulses. In short intervals, press down on the top of the single serve drink cup or the handle of the 40-oz. bowl lid 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.
- **Dough Mixing:** Mix and knead pizza dough, cookie dough, bread dough and more!

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

Assembling the *Ninja*® Kitchen System Pulse™

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

- ⚠ IMPORTANT:** Always place the attachment in the 40-oz. bowl before adding any ingredients.
- ⚠ IMPORTANT:** Attachments are **not** interchangeable.
- ⚠ CAUTION:** Blades are sharp! Use extreme caution when handling the blade assemblies. Always hold them by the shaft.
- ⚠ IMPORTANT:** When mixing dough. Mix dough for up to 1 minute, then let appliance rest for 1 minute before mixing again.
- ⚠ IMPORTANT:** Never run the appliance empty.
- ⚠ CAUTION:** Never attempt to remove the 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, bowl, single serve cups and attachments in warm, soapy water with a soft cloth. **Use caution when washing the blade assemblies as the blades are very sharp.**
- 3** Rinse and dry thoroughly.
- 4** The bowl, single serve cups, lids and attachments are all dishwasher safe. It is recommended that the lids and attachments 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.



Assembly and Use for the Single Serve Cup

ASSEMBLY

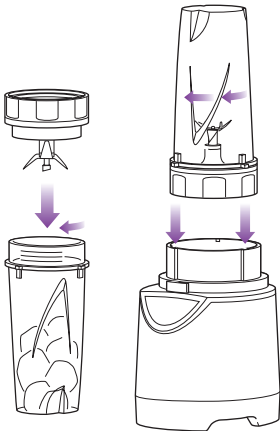


Fig. 1

Fig. 2

PULSE

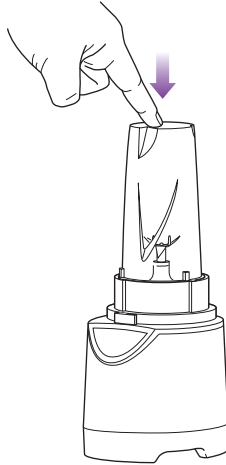


Fig. 3

REMOVAL

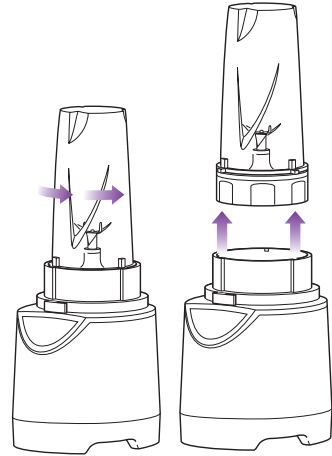


Fig. 4

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)

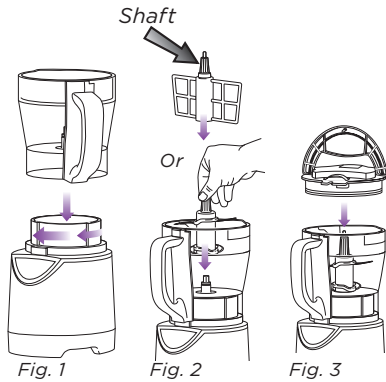
- 6 When you have reached your desired consistency, stop the appliance by removing your hand from the single serve cup. Then turn the single serve cup to the right (Fig. 4) and pull straight up to remove. (Fig. 5)

NOTE: Do not overfill! To avoid spilling, do not add ingredients past the "Max" fill line.

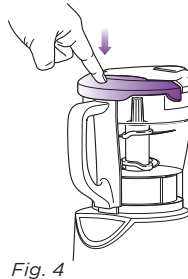
- 7 Turn the cup upright and remove the single serve blade by twisting the blade assembly to the left.
- 8 Place the To-Go drinking lid onto the single serve drink cup, twist to seal and enjoy!
- 9 Make sure that the motor base is unplugged when not in use.

Assembly and Use for the 40-oz. Bowl

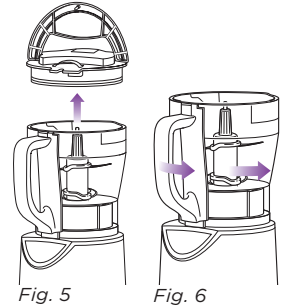
ASSEMBLY




PULSE



REMOVAL



 It's best to add the liquid ingredients first and then the dry ingredients.

⚠ 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 Align and lower the bowl onto the motor base. (Fig. 1) Handle should be aligned slightly to the left of the "LOCK" symbol on the motor base.
- 3 Rotate the container to the left as far as it will go to lock in place. (Fig. 1)
- 4 Holding the desired attachment by the shaft, place it onto the drive gear inside the container. Ensure that the attachment is seated properly and is standing upright. (Fig. 2)
NOTE: The blade will fit loosely on the drive gear.
- 5 Add the ingredients to the bowl, making sure that they do not exceed the highest measured marking line on the side of the bowl.
- 6 Holding the lid by the handle in the upright position, place it on top of the

bowl aligning the arrow (▼) located on the lid with the arrow (▲) located on the bowl's handle. (Fig. 3)

- 7 Push down on the "PULSE" on the handle to start the appliance. (Fig. 4)

NOTE: Pulse ingredients for even chopping by pressing down in short intervals.

- 8 When you have reached your desired consistency, stop pressing the lid handle and wait for the attachment to stop turning.
- 9 To remove the lid, pull the lid handle up to a 90° angle. Turn the bowl clockwise to lift off the base. (Fig. 5, Fig. 6)
- 10 Make sure that the unit is unplugged when not in use.

Suggested Uses

FUNCTION	CONTAINER	ATTACHMENT	TYPE OF FOOD
Mincing	Single Serve 40-oz. Bowl	Blade Assembly	Onion Garlic Herbs
Kneading*	40-oz. Bowl	Dough Blade	Bread Dough Pizza Dough
Dough Mixing*	40-oz. Bowl	Cookie Paddle	Cookie Dough Dessert Bars Biscuits Scones Batters
Blending	Single Serve 40-oz. Bowl	Blade Assembly	Smoothies Milkshakes Frozen Drinks Dips Spreads
Grating	Single Serve 40-oz. Bowl	Blade Assembly	Cheese Bread Crumbs
Chopping	40-oz. Bowl	Blade Assembly	Salsa Vegetables Egg Salad
Ice Crushing	Single Serve 40-oz. Bowl	Blade Assembly	Ice Slushies Snow Cones
Complete Juicing	Single Serve 40-oz. Bowl	Blade Assembly	Fruit & Vegetable Drinks

⚠️ *IMPORTANT: When mixing pizza dough or any heavy mix such as bread dough or pastry dough, mix for up to 1 minute, then let the appliance rest for approximately 1 minute before mixing again to prevent overheating of the appliance.

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 bowl and single serve cups in the dishwasher. Place the lids and attachments on the top rack. **Use caution when handling the blade assemblies as the blades are very sharp.**

NOTE: You may also wash the containers by filling $\frac{3}{4}$ of the container with warm water and a drop of dish washing detergent, placing the corresponding lid on the container and pulsing a few times. Once clean, remove the container from the motor base. Rinse the container, attachment and lid 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® Kitchen System Pulse™** upright with the 40-oz bowl on the motor base, 4-Blade assembly inside and lid on the bowl. 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 cups and the rest of the attachments along side the appliance where they will not be damaged and won't cause a hazard.

RESETTING THE MOTOR THERMOSTAT

The **Ninja® Kitchen 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 container 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
Motor Doesn't Start or Attachment Doesn't Rotate.	<ul style="list-style-type: none"> • Make sure the container is securely aligned and locked, (40-oz bowl) on the motor base. • For the single serve cup, make sure that the tabs are seated in the slots and turned to the left. • Make sure the lid is securely on the container (40-oz bowl) in the correct position with the arrows aligned. • Check that the plug is securely inserted into the electrical outlet. • Check the fuse or circuit breaker in your electrical box. • The unit could be overloaded. Unplug and wait approximately 30 minutes before using again. • The unit could be overheated. Unplug the unit and wait 30 minutes to reset.
Food is Unevenly Chopped.	<ul style="list-style-type: none"> • Either you are chopping too much food at once, or you are not pulsing properly. Remove some of the food items.
Food is Too Finely Chopped or Too Watery.	<ul style="list-style-type: none"> • The food has been over processed. Pulse ingredients for best results. Press down on the single serve cup or 40-oz. lid handle in short intervals.
You Cannot Achieve Snow From Ice Cubes.	<ul style="list-style-type: none"> • For best results use ice straight from the freezer. Try using short pulses instead of one long one.
Single serve cup is leaking.	<ul style="list-style-type: none"> • Make sure that the single serve blade set is tightly screwed on to the cup before blending. Turn the lid tightly clockwise.
Unit doesn't turn on.	<ul style="list-style-type: none"> • Make sure the unit is plugged in. • Rotate and press down on the single serve cup or the "pulse" handle on the 40-oz. lid to turn the unit on.
Unit doesn't turn off.	<ul style="list-style-type: none"> • Release your hand from the single serve cup or the "pulse" handle on the 40-oz. lid to turn the unit off.
Doesn't mix well.	<ul style="list-style-type: none"> • 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.

Replacement Parts

ORDERING REPLACEMENT PARTS

To order additional parts and attachments, please visit our website: 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

Quick Orangsicle

Ingredients:**Blender Jar**

1/2 Cup	Fresh Orange Juice
1/2 Cup	Fresh Red Grapefruit, Peeled, Segmented
1 Cup	Fresh Orange, Peeled, Segmented
1 Cup	Low Fat Plain Yogurt
1 tsp.	Powdered Sugar
10 To 12	Ice Cubes

Single Serve

1 Cup	Vanilla Frozen Yogurt
1/4 Cup	Orange Juice
1/2 Cup	Fresh Orange, Peeled, Segmented

Directions:

Place all the ingredients in blender jar or single serve cup and Pulse until smooth. Serve right away - blender serves 4.

40 oz. Bowl
Single Serve cup



Recipes

Fire Roasted Tomato Salsa with Tortilla Chips

Ingredients:

14.5 oz.	Can Fire-Roasted Tomatoes, With Juice
1/2	Small Red Onion, Peeled, Roughly Cut
4	Cloves Garlic Peeled
1/2 tsp.	Salt
1/4 tsp.	Black Pepper
1/4 tsp.	Ground Cumin
1/4 Cup	Cilantro Leaves
2 tbsp.	Fresh Lime Juice
6 oz.	Baked Tortilla Chips

Directions:

Place all ingredients in the 40 oz. blender jar and pulse until fairly smooth. Taste and adjust seasonings, if desired. Serve right away with chips or refrigerate for up to 2 days. Makes about 1 1/2 cups.

40 oz. Bowl
Bowl Lid

Smoked Salmon Spread

Ingredients:

8 oz.	Low Fat Cream Cheese, At Room Temperature
1/4 Cup	Low Fat Sour Cream
1/4 Cup	Low Fat Greek Yogurt
1 tbsp.	Fresh Lemon Juice
2 tsp.	Fresh Dill, Plus More For Garnish
2 tsp.	Chives (Or Green Onions) Plus More For Garnish
1/2 tsp.	Salt
1/4 tsp.	Freshly Ground Black Pepper
8 oz.	Smoked Salmon, Roughly Chopped Thinly Sliced Rye Bread Rounds

Directions:

Place the cream cheese, sour cream, yogurt, lemon juice, dill, chives, salt, pepper, and half of the smoked salmon in the 40 oz. blender jar.

Pulse until smooth.

Place the spread in a serving dish and mix in the remaining salmon. Garnish with dill and chives, if desired. Serve right away with rye bread rounds or chill until serving. Serves 8.

40 oz. Bowl
Bowl Lid

Recipes - cont'd

Easy Pizza Dough

Ingredients:

1/4 oz. Pkg.	Dry Active Yeast
1 tsp.	Salt
1 tbsp.	Sugar
2/3 Cup	Water, warmed to 110-115°F
1/4 Cup	Canola Oil (substitute olive oil)
2 Cups	All-Purpose Flour

Directions:

Place the yeast, salt, sugar and water in the bowl. Pulse for 10 seconds. Add the oil and flour and blend until the dough is smooth and no lumps remain. Transfer the dough to a lightly-oiled bowl and cover. Let rise for about 1 hour.

Add sauce and toppings as preferred and bake at 425°F for 25-30 minutes, or until the crust is lightly browned and the toppings and cheese are hot.

Makes 1 pizza crust.

40 oz. Bowl
Dough Blade
Bowl Lid

English Toffee Cookies

Ingredients:

1 Cup	Butter, softened
1/2 Cup	Dark Brown Sugar, packed
1/2 Cup	Sugar
1 tsp.	Vanilla Extract
1	Egg Yolk
2 Cups	Cake Flour
Pinch	Salt
10 ounces	Milk Chocolate Candy Bar, melted
1/2 Cup	Almonds, chopped

Directions:

Place the butter, sugars, vanilla extract and egg yolk in the bowl and pulse/blend for 5 seconds for initial mixing. Use a spatula to clean the sides of the bowl and pulse/blend for an additional 5 seconds until smooth and creamy. Add 1/2 cup of flour and salt, pulse/blend for 15 seconds. Add the remaining flour and pulse for 15 seconds. Clean the sides of the bowl and pulse for an additional 10 seconds until smooth.

Spoon the cookie dough onto a baking sheet that has been coated with cooking spray. Allow a 2-inch margin, as the dough will spread. Lightly spread the chocolate over the dough and sprinkle the nuts over all. Bake at 350°F for 15 to 20 minutes. Cool slightly and cut into small squares. Cool on a wire rack.

40 oz. Bowl
Dough Paddle
Bowl Lid



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.

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.**

Product Registration

Please visit 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.