

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

NINJA

Let's Get Started!
Assembly, Tips & Recipes.

SYSTEM

1200 WATTS

Auto-iQ™
ONE-TOUCH INTELLIGENCE

25
RECIPES!



Welcome to the Ninja® Auto-iQ™ Experience! Ninja's Auto-iQ technology features intelligent programs that combine unique pulsing, blending, and pausing patterns that do the work for you. Get great results every time with no guesswork required. These programs are timed to deliver delicious results, so all you have to do is press a button and enjoy.

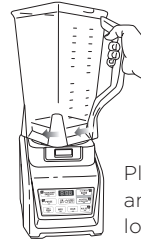
Table of Contents

Welcome	2
Quick Assembly	3
Program & Speed Settings	8
Juices & Smoothies	10
Breakfast	17
Soup, Sides & Entrees	20
Cocktails & Appetizers	27
Desserts	32
Notes	35



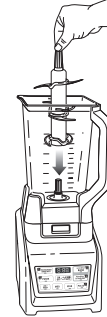
Quick Assembly with pitcher

1



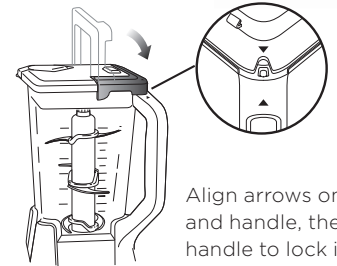
Place pitcher on base and turn clockwise to lock in place.

2



Holding the Stacked Blade Assembly by the top of the shaft, insert it into the pitcher.

3



Align arrows on lid and handle, then lower handle to lock in place.

▲ WARNING: Stacked Blade Assembly is sharp and not locked in place. Make sure lid is locked onto pitcher before pouring. If pouring without lid, carefully remove Stacked Blade Assembly first. Failure to do so will result in a risk of laceration. Refer to the Ninja Owner's Guide for additional information.



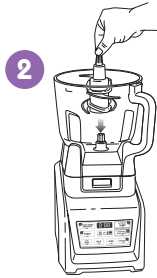
NOTE: Programs applicable to the pitcher will illuminate once it is locked onto the base.

Quick Assembly

with precision processor bowl



1 Place bowl on base and turn clockwise to lock in place.



2 Holding the desired blade assembly by the top of the shaft, insert it into the bowl.



3 Align arrows on lid and handle, then lower handle to lock in place.

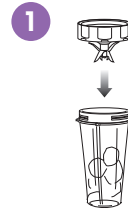
▲ WARNING: Blade assembly is sharp and not locked in place. Make sure lid is locked onto Precision Processor Bowl before pouring. If pouring without lid, carefully remove Blade assembly first. Failure to do so will result in a risk of laceration. Refer to the Ninja Owner's Guide for additional information.



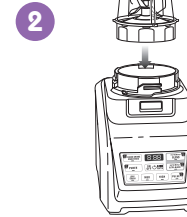
NOTE: Programs applicable to the bowl will illuminate once it is locked onto the base.

Quick Assembly

with single-serve cup



1 Screw on the blade assembly clockwise until you have a tight seal.



2 Turn cup upside down and lower it onto the base.



3 Turn cup clockwise to lock in place.

▲ WARNING: Handle the Pro Extractor Blades Assembly with care, as the blades are sharp. Contact with the blades' edges can result in laceration.

▲ CAUTION: Remove the Pro Extractor Blades Assembly from the cup upon completion of blending. Some ingredients have the potential to expand after blending resulting in excessive pressure buildup that can pose a risk of injury.



NOTE: Programs applicable to the Nutri Ninja Cup will illuminate once it is locked onto the base.

Cleaning Instructions

Dishwasher: Containers, lids, and blade assemblies are all top-rack dishwasher safe. Ensure the blade assembly is removed from the container before placing in the dishwasher.

Hand washing: Wash the containers, lids, blade assemblies in warm, soapy water. When washing the blade assemblies, use a dish-washing utensil with a handle to avoid direct hand contact with blades. Handle the blade assemblies with care to avoid contact with sharp edges. Rinse and air dry thoroughly.

▲ WARNING: Handle the blade assemblies with care when washing, as the blades are sharp. Contact with the blades' edges can result in laceration.

Nutri Ninja® | Ninja® Blender System with **Auto-iQ® Technology**

Auto-iQ™ programs combine unique pulsing, blending, and pausing patterns that do the work for you. Get great results every time with no guesswork required. No more standing over a blender—simply press a button and get the time you need to get other things done.

Auto-iQ Frozen Drinks/Smoothies: This program is designed for creating delicious drinks in our 72-oz.* Pitcher. Our stacked blades will crush ice, frozen fruits and vegetables in seconds, giving you a refreshing icy beverage.

Auto-iQ Puree: This program is designed for making foods such as dips, hummus, baby food, or soups.** All three jar configurations can be used with this setting. Use the Precision Processor Bowl for larger batches or the Nutri Ninja Cups for smaller portions.

Auto-iQ Blend: This program is specifically designed for our Nutri Ninja Cups. The Pro Extractor Blades® Assembly for the Nutri Ninja Cups spin much faster, giving you super smooth results, every time. Use this setting for Super Juices that use fresh or softer ingredients.

Auto-iQ Ultra Blend: This program is specifically designed for our Nutri Ninja Cups. The Pro Extractor Blades Assembly for the Nutri Ninja Cups spin much faster, giving you super smooth results, every time. Use the ULTRA BLEND setting for harder ingredients such as frozen fruits or vegetables, ice, seeds, and more.

Auto-iQ Pulse: This is an enhanced feature to our existing pulse function. Auto-iQ Pulse offers greater control to help prevent over processing or over blending. Simply, hold down the button and our blades will run at a high speed for a quick burst of power to break through ice, or chop vegetables.



*64oz. max. liquid capacity.
**Do not blend hot ingredients.

Loading Instructions

When blending these common ingredients, order is everything. Use this visual guide to ensure your recipes turn out smooth and delicious every time.



Top off with ice or frozen ingredients.



Next add any dry or sticky ingredients.

Like seeds, powders, and nut butters.



Pour in liquid or yogurt next.

For thinner results or a more juice-like drink, add liquid as desired.



Next add leafy greens and herbs.



Start by adding fresh fruits and vegetables.

FOR BEST RESULTS:

- Cut ingredients in 1-inch chunks
- Do not fill the cup past the MAX FILL line.
- If you feel resistance on the Pro Extractor Blades® Assembly when fastening it to the cup, remove some ingredients.

programs & speed settings

programs & speed settings for pitcher

Function	Container	Blade Type	Speed or Program	Type of Food
Chopping	Pitcher	Stacked Blade assembly	Auto-iQ® Pulse	Salsa, Vegetables, Nuts, Chocolate
Smoothies, Frozen Drinks	Pitcher	Stacked Blade assembly	Auto-iQ Frozen Drinks & Smoothies	Frozen Cocktails, Smoothies, Frozen Desserts, Milkshakes, Ice
Pureeing	Pitcher	Stacked Blade assembly	Auto-iQ Puree	Soups, Sauces, Dips

programs & speed settings for Single-Serve Cup

Function	Container	Blade Type	Speed or Program	Type of Food
Nutrient & Vitamin Extraction*	Single-Serve Cup	Pro Extractor Blades® Assembly	Nutri Ninja Auto-iQ® Blend	Fresh Nutrient Juices, Smoothies, Milkshakes
Nutrient & Vitamin Extraction*	Single-Serve Cup	Pro Extractor Blades Assembly	Nutri Ninja Auto-iQ Ultra Blend	Green Nutrient Juices, Frozen Desserts, Protein Shakes
Grating	Single-Serve Cup	Pro Extractor Blades Assembly	Auto-iQ Puree	Grated Cheese, Bread Crumbs, Spices
Chopping	Single-Serve Cup	Pro Extractor Blades Assembly	Auto-iQ Pulse	Salsa, Vegetables, Nuts

programs & speed settings for precision processor bowl

Function	Container	Blade Type	Speed or Program	Type of Food
Mincing	Precision Processor Bowl	Chopping Blade assembly	Auto-iQ Pulse	Onion, Garlic, Herbs
Chopping	Precision Processor Bowl	Chopping Blade assembly	Auto-iQ Pulse	Cheese, Chocolate
Meat Grinding	Precision Processor Bowl	Chopping Blade assembly	Auto-iQ Pulse	Meat
Pureeing	Precision Processor Bowl	Chopping Blade assembly	Auto-iQ Puree, Low/Dough, Med, High	Apple Sauce, Spreads, Baby Food, Vegetable Purees, Fruit Purees
Emulsifying	Precision Processor Bowl	Chopping Blade assembly	Med	Salad Dressings
Dough Making	Precision Processor Bowl	Dough Blade assembly	Low/Dough	Bread Doughs, Pizza Doughs, Pretzel Doughs, Batters
Pie Crusts	Precision Processor Bowl	Chopping Blade assembly	Med	Pie Crust, Tart Crust
Batters	Precision Processor Bowl	Dough Blade assembly	Low/Dough	Cake Mixes, Brownie Batter, Cookie Batter, Cookie Batter



*Extract a drink containing vitamins and nutrients from fruits and vegetables.



PREP TIME 5 minutes SERVING 1

lean green ninja



ingredients

- ½ cup fresh pineapple, 1-inch chunks
- ½ cup fresh mango, 1-inch chunks
- ½ ripe banana, peeled
- ¼ cup baby spinach, packed
- ¼ cup kale leaves, packed
- ½ cup water
- 1 cup ice

directions

1. Place all of the ingredients into the Single-Serve Cup in the order listed above, starting with pineapple.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ™ BLEND” program.
3. Remove blades from cup after blending.



PREP TIME 5 minutes SERVING 1

blueberry chill



ingredients

- ¼ cup red cabbage, chopped
- 1 celery stalk, halved
- ½ granny smith apple, unpeeled, uncored, halved
- ¾ cup blueberries
- ½ cup watermelon, 1-inch chunks
- ¾ cup ice

directions

1. Place all of the ingredients into the Single-Serve Cup in the order listed above, starting with red cabbage.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ™ ULTRA BLEND” program.
3. Remove blades from cup after blending.



PREP TIME 5 minutes SERVING 1

powerball smoothie



ingredients

- ½ ripe banana
- 1½ cups unsweetened coconut milk
- 1 teaspoon unsweetened cocoa powder
- 1½ cups frozen blueberries

directions

1. Place all of the ingredients into the Single-Serve Cup in the order listed above, starting with banana.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ™ ULTRA BLEND” program.
3. Remove blades from cup after blending.



PREP TIME 5 minutes SERVINGS 2

ginger greens



ingredients

- 1 cup baby kale
- ¼ cup cilantro
- ¼ avocado
- 1 date, pitted
- 2 small kiwis, peeled and quartered
- 1 teaspoon lime juice
- 1 teaspoon ginger root, peeled
- ½ cup coconut water
- ⅓ cup ice

directions

1. Place all of the ingredients into the Single-Serve Cup in the order listed above, starting with baby kale.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ™ BLEND” program.
3. Remove blades from cup after blending.



PREP TIME: 5 minutes SERVINGS 2

strawberry banana



ingredients

- 1 banana, peeled and halved
- 1 cup low-fat milk
- 2 tablespoons agave nectar
- 1 cup frozen strawberries

directions

1. Place all of the ingredients into the Single-Serve Cup in the order listed above, starting with banana.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ™ ULTRA BLEND” program.
3. Remove blades from cup after blending.



PREP TIME 5 minutes SERVINGS 2

watermelon raspberry cooler



ingredients

- 1½ cups watermelon, 1-inch chunks
- ½ cup raspberries
- ¼ cup water
- ½ cup ice

directions

1. Place all of the ingredients into the Single-Serve Cup in the order listed above, starting with watermelon.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ™ ULTRA BLEND” program.
3. Remove blades from cup after blending.



PREP TIME 5 minutes SERVING 1

cherry-lime rickeyade



ingredients

- 1½ tablespoons lime juice
- 12 ounces coconut water
- ¾ cup frozen cherries

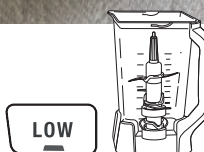
directions

1. Place all of the ingredients into the Regular 24-ounces Nutri Ninja® Cup in the order listed above, starting with lime juice.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ™ BLEND” program.
3. Remove blades from cup after blending.
4. Pour mixture over ice through a fine mesh strainer to extract the flavored water.



PREP TIME 2½ hours COOK TIME 5 minutes SERVINGS 4

buckwheat pancakes



ingredients

- 1 cup buttermilk
- 1 egg, beaten
- 3 tablespoons canola oil
- 2 tablespoons honey
- ½ cup buckwheat flour
- ½ cup all-purpose flour
- 1¼ teaspoons baking soda
- ½ tablespoon sugar
- ½ teaspoon salt

directions

1. Place the buttermilk, egg, oil, and honey into the Pitcher.
2. Turn unit ON, select “LOW” and blend for 30 seconds.
3. Add buckwheat flour, all-purpose flour, baking soda, sugar, and salt to the Pitcher, select “LOW/DOUGH” and blend for 30 seconds.
4. Remove the lid from the pitcher and cover in plastic wrap. Allow the batter to set for 2 hours or refrigerate overnight.
5. On a lightly oiled griddle over medium heat, cook batter in desired-sized pancakes until small bubbles form and edges dry. Flip and cook until pancake centers are puffed and spring back when gently pressed.



PREP TIME 5 minutes SERVINGS 8

chicken+apple sausage



ingredients

- 1 tablespoon olive oil, plus additional oil for cooking sausages
- 1 small onion, peeled and quartered
- 2 apples, peeled, cored, quartered
- 1 pound boneless skinless chicken thighs, 2-inch chunks
- ½ cup fresh sage leaves
- ¾ teaspoon fresh ground pepper
- ¾ teaspoon salt
- pinch of cinnamon

directions

1. Place the onion, apples and sage into the Precision Processor Bowl. Turn unit ON then hold down "Auto-iQ™ PULSE" until finely chopped.
2. Heat the olive oil in a medium skillet. Add the onion and apples, sautéing several minutes, until soft. Remove from heat, place in a large bowl, and let cool.
3. To the same Precision Processor Bowl, place the chicken thighs then hold down "Auto-iQ™ PULSE" until finely ground. Add the ground chicken to the bowl with the cooled onion and apple mix. Add the cinnamon and season with salt and pepper. Mix well, using your hands.
4. Preheat oven to 350°F. Form mixture into 8 patties and bake on a parchment lined cookie sheet for about 10–12 minutes, or until fully cooked.

DO NOT BLEND HOT INGREDIENTS.



PREP TIME 5 minutes COOK TIME 3 minutes SERVINGS 4

tomato basil scrambler



ingredients

- 8 whole eggs
- ½ cup vine ripe tomatoes
- ½ cup mozzarella cheese
- ½ cup fresh basil, loosely packed
- pinch of salt
- pinch of black pepper
- cooking spray

directions

1. Place the eggs, tomato, mozzarella, basil, salt, and black pepper into the Single-Serve Cup. Turn unit ON then hold down "Auto-iQ™ PULSE" until all ingredients are roughly chopped.
2. In a non-stick sauté pan sprayed with cooking spray, add the egg mixture, then cook, over medium-high heat, stirring frequently until fluffy and cooked through.
3. Remove blades from cup after blending.



PREP TIME 5 minutes SERVINGS 8

gazpacho



ingredients

- 1 small red onion, peeled and quartered
- 2 english cucumbers, halved and quartered
- 1 yellow pepper, quartered, seeded
- 1 red pepper, quartered, seeded
- 3 pounds fresh tomatoes, quartered, seeded
- 3 ½ teaspoons salt
- 4 tablespoons red wine vinegar
- 48 ounces tomato juice
- 1 teaspoon garlic, minced

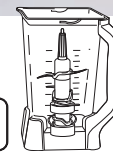
directions

1. Working in batches, add the red onion, cucumber, peppers, and fresh tomatoes to the Precision Processor Bowl.
2. Turn unit ON then hold down "Auto-iQ PULSE" until ingredients are finely chopped. Place each batch into a large mixing bowl.
3. Add minced garlic, red wine vinegar, salt and tomato juice and mix well.
4. Chill for at least 3 hours.
5. Taste for seasonings before serving.



PREP TIME 10 minutes SERVINGS 4

butternut squash soup



ingredients

- 1 large yellow onion, chopped
- 1 cup raw cashews
- 1 large apple, peeled, cored, chopped
- 1 large carrot, peeled, chopped
- 2 pounds butternut squash, cubed
- 1 teaspoon fresh thyme leaves
- 1 bay leaf
- 4 cups vegetable stock, plus more to thin if desired
- ½ teaspoon salt, plus more to taste
- black pepper, to taste

directions

1. Heat oil in a large saucepan and add the onions, cooking until they begin to soften, about 5 minutes. Add the cashews and cook, stirring for about 5 minutes.
2. Add the carrot, apple, squash, thyme, and bay leaf to the pot and cook for 5 minutes. Add the stock and stir to combine. Bring the soup to a boil and reduce the heat to med-low, allowing to simmer until the squash is easily pierced with a knife, 20 to 25 minutes. Remove and discard bay leaf.
3. Allow the soup to cool to room temperature. Working in batches, ladle the soup into the Pitcher. Secure the lid and place the Pitcher onto the base Turn unit ON and select "Auto-iQ™ PUREE". Heat soup to desired temperature before serving.

DO NOT BLEND HOT INGREDIENTS.



PREP TIME 5 minutes SERVING 1

chopped salad



ingredients

- 1 cup romaine lettuce, large chunks
- 4 ounces chicken breast, precooked
- ½ cup cherry tomatoes
- ¼ cup kalamata olives
- ¼ cup feta cheese

directions

1. Place all of the ingredients into the Precision Processor Bowl in the order listed above, starting with romaine lettuce.
2. Turn unit ON then hold down “Auto-iQ™ PULSE” for 3 pulses or until desired chop is achieved. Top with your favorite dressing and enjoy!

DO NOT BLEND HOT INGREDIENTS.



PREP TIME 15 minutes COOK TIME 5–7 minutes SERVINGS 4

cauliflower couscous



ingredients

- 3 cups cauliflower, 2-inch florets
- 1 tablespoon rosemary, stems removed, chopped
- 1 garlic clove, minced
- ½ lemon, juiced
- ¼ cup extra virgin olive oil
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ½ cup sliced almonds
- ¼ cup green onion, sliced

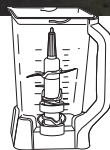
directions

1. Preheat oven to 400°F. Place the cauliflower into the Precision Processor Bowl. Turn unit ON then hold down “Auto-iQ™ PULSE” until finely chopped.
2. Place the chopped cauliflower in a single lay on a cookie sheet and roast 5–7 minutes until some color is achieved and cauliflower is cooked. Set aside.
3. Place the rosemary, garlic, lemon, oil, salt, and pepper in a medium mixing bowl and whisk to combine.
4. Add the cauliflower to the bowl along the almonds and green onion. Toss to combine. Serve immediately.



PREP TIME 15 minutes COOK TIME 20–25 minutes SERVINGS 15 meatballs

turkey meatballs



ingredients

- 1 lb. dark turkey meat, 1-inch cubes and well-chilled
- ½ onion, peeled, chopped
- 4 garlic cloves, peeled and minced
- ¼ cup Italian parsley leaves, chopped
- ½ cup parmesan cheese, grated
- ¼ cup tablespoons bread crumbs
- 2 tablespoons tomato paste
- 2 eggs, beaten
- salt and pepper to taste
- cooking spray
- 4 cups marinara sauce

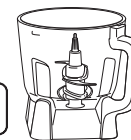
directions

1. Add the turkey to the Pitcher. Turn unit ON then hold down “Auto-iQ™ PULSE” until turkey is finely chopped. Do not overprocess.
2. Transfer the turkey to a bowl and add onion, garlic, parsley, cheese, bread crumbs, tomato paste, egg, salt and pepper, mixing to combine. Form mixture into mini meatballs.
3. Lightly coat a large skillet with cooking spray. Over medium-high heat, sauté meatballs until browned on all sides, about 5 minutes. 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 SERVINGS 2

fettuccine with kale & sunflower pesto



ingredients

- ½ medium bunch kale, stems removed
- ¼ cup fresh basil leaves, packed
- 1 large garlic clove
- ¼ cup unsalted roasted sunflower seeds
- 2 tablespoons parmesan cheese
- zest + juice of ½ lemon
- sea salt to taste
- freshly ground pepper
- ¼ cup olive oil + more as needed

directions

1. Bring 4 quarts of salted water to a boil. Blanch the kale leaves for 30 seconds and upon removal, immediately plunge into ice water. Squeeze the kale leaves dry and set aside.
2. Add the kale, basil, garlic, sunflower seeds, parmesan, lemon juice/zest, olive oil and a pinch of salt and pepper to the Precision Processor Bowl.
3. Turn unit ON, select “MEDIUM” and blend until desired consistency is achieved. To serve atop your favorite pasta.

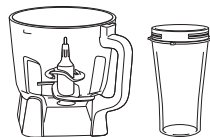
DO NOT BLEND HOT INGREDIENTS.

PREP TIME 1 hour COOK TIME 20–25 minutes SERVINGS 8

pizza night

LOW / DOUGH

MED



pizza ingredients

- Pizza Dough (recipe below)
- Pizza Sauce (recipe below)
- 1½ cups low-fat mozzarella cheese
- 1 cup broccoli florets, fresh or frozen
- 1 cup thinly sliced red pepper
- ¼ cup sliced black olives
- ½ cup crumbled feta cheese

directions

1. Preheat oven to 375° F. Lightly spray a cookie sheet with non-stick spray and place the prepared pizza dough on the sheet. Gently and evenly flatten out the dough, covering the edge about ½-inch to help form a crust.
2. Spoon the pizza sauce evenly onto the dough then top with mozzarella cheese, broccoli, red peppers, olives and feta.
3. Bake for 20–25 minutes, checking half way through, until crust is golden brown.

dough ingredients

- ¼-ounce packet Active Dry Yeast
- ½ teaspoon sugar
- ¾ cup warm water (105°–110°F)
- 2 cups all-purpose flour
- ⅓ teaspoon salt
- ¼ cup olive oil
- Reserved flour
- Reserved water

tip:

If the dough is too wet, add a tablespoon of flour. If the dough is too dry, add a tablespoon of water.

directions

1. Combine the yeast, sugar, and warm water in a small bowl and set aside until foamy, about 5 minutes.
2. Place the dough blade into the Precision Processor Bowl and add the flour, salt, olive oil, and the yeast mixture. Turn unit ON and select “LOW/DOUGH”. Process until all of the ingredients come together to form a mass. Remove the dough and divide in half, kneading the two balls of dough for 1–2 minutes. Place one ball into a lightly oiled bowl and cover loosely with plastic wrap, allowing to rest and rise for 1 hour. Freeze the other dough ball for up to two months.

pizza sauce ingredients

- 1 (14-ounce) can whole, peeled tomatoes
- 1 garlic clove, peeled
- ½ teaspoon dried oregano
- 1 tablespoon olive oil
- ¼ teaspoon sugar
- ½ teaspoon salt
- ½ teaspoon ground black pepper

directions

1. Place all of the ingredients into the Single-Serve Cup in the order listed above. Turn unit ON, select “MED”, and blend for 30 seconds. If you prefer a chunky consistency, simply hold down the “Auto-iQ™ PULSE” for 3 pulses.
2. Remove blades from cup after blending.



PREP TIME 5 minutes SERVINGS 3

blueberry honey mojito

FROZEN DRINKS
SMOOTHIES

ingredients

- 2½ cups fresh blueberries
- 1 cup English cucumber
- 2 tablespoons mint, stems removed
- 1 cup light rum
- 2 tablespoons honey
- ¾ cup pear juice
- 3 cups ice

directions

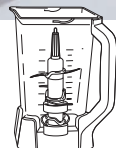
1. Place all of the ingredients into the Pitcher in the ordered listed above, starting with blueberries.
2. Turn unit ON and select the “Auto-iQ™ FROZEN DRINKS/SMOOTHIES” program.



PREP TIME 5 minutes SERVINGS 4

classic margarita

Auto-iQ FROZEN DRINKS SMOOTHIES



ingredients

- 1 lime, peeled, cut in half
- 1 lemon, peeled, cut in quarters
- ⅓ cup orange juice
- ¼ cup Triple sec
- ⅔ cup Tequila
- 4 cups ice

directions

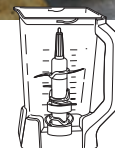
1. Place all of the ingredients into the Pitcher in the order listed above, starting with lime.
2. Turn unit ON and select the “Auto-iQ™ FROZEN DRINKS/SMOOTHIES” program.



PREP TIME 5 minutes SERVINGS 32-ounces

best blender salsa

PULSE



ingredients

- 2 (10-ounce) cans tomatoes
- 1 white onion, peeled and quartered
- 1 jalapeño pepper, seeded
- 1 canned chipotle chile pepper
- 2 tablespoons adobo sauce
- 1 bunch cilantro, stems trimmed
- 1 lime, peeled and quartered
- salt and pepper, to taste

directions

1. Place all of the ingredients into the Pitcher in the order listed above, starting with tomatoes.
2. Hold down “Auto-iQ™ PULSE” until desired consistency is achieved. Cover and refrigerate for at least 1 hour before serving.



PREP TIME 5 minutes SERVINGS 2½ cups

classic hummus



ingredients

- 2 cups cooked, drained garbanzo beans (liquid reserved)
- ¼ cup + 2 tablespoons garbanzo bean liquid
- ¼ cup lemon juice
- ¼ cup tablespoons olive oil
- 1 garlic clove, peeled
- 1 teaspoon ground cumin
- ⅛ teaspoon cayenne pepper
- 1 teaspoon salt

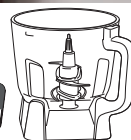
directions

1. Place all of the ingredients into the Precision Processor Bowl in the order listed above, starting with garbanzo beans.
2. Turn unit ON then select “Auto-iQ™ PUREE”.



PREP TIME 10 minutes COOK TIME 20 minutes SERVINGS 4 cups

spinach & artichoke dip



ingredients

- ¼ cup mayonnaise
- ¼ cup sour cream
- 8-ounces cream cheese
- 2 tablespoons lemon juice
- 1 (14-ounce) can artichoke hearts, drained, and chopped
- ½ cup low-fat mozzarella cheese, shredded
- ¼ cup parmesan cheese, cut into pieces or grated
- 2 tablespoons chopped onion
- 1 cup frozen spinach, thawed, excess liquid removed

directions

1. Preheat the oven to 350° F. Place all of the ingredients into the Precision Processor Bowl in the order listed above except the spinach.
2. Hold down “Auto-iQ™ PULSE” until ingredients are combined
3. Add the chopped spinach and hold down “Auto-iQ™ PULSE” until incorporated. Spoon the dip into a heat-resistant serving dish and bake for 20 minutes.
4. Serve with sliced French bread. Season with salt and pepper.

DO NOT BLEND HOT INGREDIENTS.



PREP TIME 5 minutes SERVINGS 4

chocolate banana mousse

LOW /
DOUGH



ingredients

- 2 bananas, ripe, peeled, quartered
- 2 avocados, ripe, peeled, pitted, quartered
- ¼ cup chocolate sauce
- juice of half an orange
- 2 tablespoons cocoa powder

directions

1. Place all of the ingredients into the Precision Processor Bowl in the order listed above, starting with banana.
2. Turn unit ON and select "LOW/DOUGH". Blend for 30 seconds or until smooth. Scrape down the sides as needed.
3. Place mousse into an airtight container and refrigerate until chilled.



Gluten-
FREE

PREP TIME 10 minutes COOK TIME 10–12 minutes MAKES 16 cookies



cranberry oat cookies

PULSE

LOW /
DOUGH

Cranberries mixed with coconut is a win-win in these gluten-free cookies!

ingredients

- ½ cup coconut oil
- 1 egg
- ½ teaspoon vanilla extract
- ⅓ cup packed brown sugar
- ⅓ cup granulated sugar
- 1¼ cups gluten-free all-purpose flour blend
- ½ cup almond meal
- ¼ cup shredded coconut
- ½ cup gluten-free oats
- ½ teaspoon baking soda
- 1 teaspoon salt
- ½ teaspoon ground cinnamon
- ½ cup dried cranberries

directions

1. Preheat oven to 350°F. Using the dough blade assembly, add the coconut oil, egg, vanilla, brown sugar, and granulated sugar to the Precision Processor Bowl. Turn unit ON and hold down "Auto-iQ™ PULSE" for 3 pulses. Select "LOW/DOUGH" and blend for 15 seconds. Scrape down the sides.
2. In a medium bowl combine the flour, almond meal, oats, coconut, baking soda, salt and cinnamon then stir to combine. Add half of the dry mixture to the Precision Processor Bowl. hold down "Auto-iQ™ PULSE" for 3 pulses then select "LOW/DOUGH" and blend for 10 seconds. Scrape down sides then add remaining dry mixture. Select "LOW/DOUGH" and continue to blend for additional 15 seconds until dough is evenly combined.
3. Add the cranberries to the Precision Processor Bowl and hold down "Auto-iQ™ PULSE" for 10 pulses, until cranberries are evenly dispersed throughout the dough.
4. Spoon tablespoon-sized cookie dough onto parchment-lined cookie sheets, about 2-inches apart. Bake 10–12 minutes until JUST golden. Cookies will be very soft upon



Add more good

ninjakitchen.com

1-877-646-5288

AUTO-IQ, NINJA, PRECISION PROCESSOR, PRO EXTRACTOR BLADES, and TOTAL CRUSHING are registered trademarks of SharkNinja Operating LLC.
© 2019 SharkNinja Operating LLC, Needham, MA 02494

BL910_IG_25Recipe_Mv5