

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



**NUTRI  
NINJA**



**NINJA**  
**BLENDER**

35 Quick & Easy Recipes



# GUESSWORK? GONE.

The days of guessing in the kitchen are over. Which means so are the days of kitchen chaos. The Ninja® Blender Duo® with Auto-iQ® does the thinking for you. Just snap on your desired vessel and the interface displays pre-set programs and manual speed settings available for your recipes. Now you've got one adaptive tool to make everything from healthy dinners to bake-sale-winning treats at the touch of a button. There's a whole new reason the kitchen is the most popular room in your house.



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## SINGLE-SERVE CUP

## TIPS FOR THE SINGLE-SERVE CUP

### LOADING TIPS

Don't overfill the cup. If you feel resistance when attaching the Pro Extractor Blades® Assembly to the cup, remove some ingredients.



5



Top off with ice or frozen ingredients.

4



Next add any dry or sticky ingredients like seeds, powders, and nut butters.

3



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

2



Next add leafy greens and herbs.

1



Start by adding fresh fruits and vegetables.

### PREP TIPS

For best results, cut ingredients in 1-inch chunks. Place frozen ingredients in the cup last.

Do not go past the max fill line when loading the cup.

**CAUTION:** Remove the Pro Extractor Blades Assembly from the Single-Serve Cup upon completion of blending. Do not store ingredients before or after blending 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, only use Spout Lid to cover.



**TOTAL CRUSHING® PITCHER**

## TIPS FOR THE TOTAL CRUSHING® PITCHER

### LOADING TIPS

Load softer, water-dense ingredients on the bottom, and ice or frozen ingredients on top. This will create a vortex in the pitcher that makes for a smooth breakdown of ingredients. Check out the layer-by-layer guide below.



5



Top off with ice or frozen ingredients.

4



Next add any dry or sticky ingredients like seeds, powders, and nut butters.

3



Pour in liquid or yogurt next. For thinner results or a juice-like drink, add more liquid.

2



Next add leafy greens and herbs.

1



Start by adding fresh fruits and vegetables.

### PREP TIPS

For best results, cut ingredients in 1-inch chunks. Do not place frozen ingredients first in the pitcher.

Do not go past the max fill line when loading the pitcher.

# SMOOTHIES

## TROPICAL CHILL

**PREP:** 5 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 2-4 SERVINGS

### INGREDIENTS

1 ripe banana

1 cup honeydew melon chunks

1/4 lime, peeled, cut in half, seeds removed

1 1/2 cups coconut water

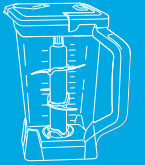
2 cups frozen pineapple chunks

1 cup ice

### DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE.

SMOOTHIES







# APPLE PIE SMOOTHIE

**PREP:** 5 MINUTES

**CONTAINER:** 20-OUNCE SINGLE-SERVE CUP

**MAKES:** 2 SERVINGS

## INGREDIENTS

1 Golden Delicious apple, peeled, cored, cut in eighths

1 cup unsweetened almond milk

$\frac{3}{4}$  teaspoon lemon juice

1  $\frac{1}{2}$  teaspoons brown sugar

$\frac{1}{4}$  teaspoon ground cinnamon

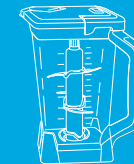
$\frac{1}{8}$  teaspoon ground nutmeg

$\frac{1}{8}$  teaspoon kosher salt

1 cup ice

## DIRECTIONS

- 1 Place all ingredients into the 20-ounce Single-Serve Cup in the order listed.
- 2 Select SMOOTHIE.
- 3 Remove blades from cup after blending.



# STRAWBERRY BANANA SMOOTHIE

**PREP:** 5 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 4 SERVINGS

## INGREDIENTS

4 small ripe bananas, cut in half

2 cups low-fat milk

1/4 cup agave nectar

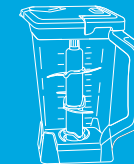
4 cups frozen strawberries

## DIRECTIONS

**1** Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.

**2** Select SMOOTHIE.





# ISLAND SUNRISE SMOOTHIE

**PREP:** 5 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 4 SERVINGS

## INGREDIENTS

- 1 cup pineapple chunks
- 1 small ripe banana
- 2 cups coconut water
- 1 cup frozen mango chunks
- 1 cup frozen strawberries

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE.







# MANGO PROTEIN SHAKE

**PREP:** 5 MINUTES

**CONTAINER:** 20-OUNCE SINGLE-SERVE CUP

**MAKES:** 2 SERVINGS

## INGREDIENTS

1 cup milk

2 scoops vanilla protein powder

1 1/2 cups frozen mango chunks

## DIRECTIONS

- 1 Place all ingredients into the 20-ounce Single-Serve Cup in the order listed.
- 2 Select SMOOTHIE.
- 3 Remove blades from cup after blending.





# LEAN GREEN

**PREP:** 5 MINUTES

**CONTAINER:** 20-OUNCE SINGLE-SERVE CUP

**MAKES:** 2 SERVINGS

## INGREDIENTS

1/2 cup pineapple chunks

1/2 small ripe banana

1/4 cup kale leaves

1/4 cup baby spinach

1/2 cup coconut water

1/4 cup frozen mango chunks

1/4 cup ice

## DIRECTIONS

- 1** Place all ingredients into the 20-ounce Single-Serve Cup in the order listed.
- 2** Select EXTRACT.
- 3** Remove blades from cup after blending.



# MORNING BERRY

**PREP:** 5 MINUTES

**CONTAINER:** 20-OUNCE SINGLE-SERVE CUP

**MAKES:** 2 SERVINGS

## INGREDIENTS

1 medium ripe banana, cut in half

1 cup almond milk

3 tablespoons honey

2 tablespoons flaxseed

1 1/2 cups frozen mixed berries

## DIRECTIONS

- 1 Place all ingredients into the 20-ounce Single-Serve Cup in the order listed.
- 2 Select EXTRACT.
- 3 Remove blades from cup after blending.







# CHOCOLATE PROTEIN PIZZAZZ

**PREP:** 10 MINUTES

**CONTAINER:** 20-OUNCE SINGLE-SERVE CUP

**MAKES:** 1 SERVING

## INGREDIENTS

- 1 small ripe banana, cut in half
- $\frac{2}{3}$  cup almond milk
- 2  $\frac{1}{2}$  tablespoons almond butter
- 2  $\frac{1}{2}$  teaspoons unsweetened cocoa powder
- 1 scoop chocolate protein powder
- 1 cup ice

## DIRECTIONS

- 1 Place all ingredients into the 20-ounce Single-Serve Cup in the order listed.
- 2 Select SMOOTHIE.
- 3 Remove blades from cup after blending.





# CUCUMBER QUENCH

**PREP:** 5 MINUTES

**CONTAINER:** 20-OUNCE SINGLE-SERVE CUP

**MAKES:** 1 SERVING

## INGREDIENTS

2-inch piece English cucumber, peeled, cut in 1-inch chunks

1/3 cup honeydew chunks

1/2 cup green grapes

1/4 orange, peeled, cut in half, seeds removed

1/4 cup baby spinach

1/2 cup water

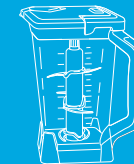
1/2 cup ice

## DIRECTIONS

- 1 Place all ingredients into the 20-ounce Single-Serve Cup in the order listed.
- 2 Select EXTRACT.
- 3 Remove blades from cup after blending.







# AUTUMN BALANCER

**PREP:** 15 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 4 SERVINGS

## INGREDIENTS

2 sweet potatoes, steamed, cooled

2 cups unsweetened almond milk

¼ cup maple syrup

¼ teaspoon ground nutmeg

1 teaspoon kosher salt

1 ½ cups ice

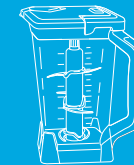
## DIRECTIONS

**1** Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.

**2** Select SMOOTHIE.

**DO NOT BLEND HOT INGREDIENTS.**





# BANANA MOCHA ALMOND SMOOTHIE

**PREP:** 5 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 2-3 SERVINGS

## INGREDIENTS

- 1 large ripe banana, cut in half
- 1 cup strongly brewed coffee, chilled
- 1 cup almond milk
- 3 tablespoons creamy almond butter
- 2 teaspoons agave nectar
- 3 tablespoons cocoa powder
- 2 1/2 cups ice

## DIRECTIONS

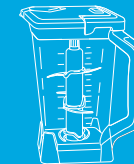
- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE.

**DO NOT BLEND HOT INGREDIENTS.**



# COCKTAILS

## COCKTAILS



## FRESH CITRUS MARGARITA

**PREP:** 5 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 2-3 SERVINGS

### INGREDIENTS

1 lemon, peeled, cut in quarters, seeds removed

1 lime, peeled, cut in half, seeds removed

Juice of 1 orange

$\frac{2}{3}$  cup tequila

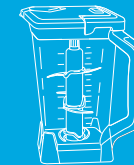
$\frac{1}{4}$  cup triple sec

4 cups ice

### DIRECTIONS

**1** Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.

**2** Select FROZEN DRINK.



# JAMAICAN SCREWDRIVER

**PREP:** 10 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 4 SERVINGS

## INGREDIENTS

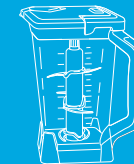
- 2 cups orange juice
- 1/2 cup vodka
- 1/4 cup light rum
- 1 cup frozen pineapple chunks
- 2 cups ice
- 4 orange slices, for garnish

## DIRECTIONS

- 1 Place all ingredients, except orange slices, into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select FROZEN DRINK.
- 3 Pour into chilled glasses and garnish with orange slices.







# STRAWBERRY DAIQUIRI

**PREP:** 5 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 5 SERVINGS

## INGREDIENTS

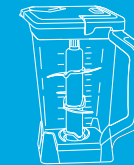
- 1 cup lime juice
- 1 cup light rum
- 4 cups frozen strawberries

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select FROZEN DRINK.







# TROPICAL COOLER

**PREP:** 10 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 8 SERVINGS

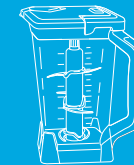
## INGREDIENTS

- 1 cup pineapple chunks
- 1/2 jalapeño pepper, seeds removed
- 1/2-inch piece fresh ginger, peeled
- 1/3 English cucumber, peeled, cut in quarters
- 1 1/2 cups coconut water
- Juice of 1 1/2 limes
- 1/2 cup silver tequila
- 3 tablespoons agave nectar
- 1/4 teaspoon ground coriander
- 3 1/2 cups frozen mango chunks
- 1 1/2 cups ice
- 8 cucumber slices, for garnish

## DIRECTIONS

- 1** Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2** Select FROZEN DRINK.
- 3** Pour into chilled glasses and garnish with cucumber slices.





# PEAR GINGER SAKE MARTINI

**PREP:** 10 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 8 SERVINGS

## INGREDIENTS

2 cups pear juice

$\frac{1}{2}$ – $\frac{3}{4}$  cup sake

$\frac{1}{2}$  teaspoon grated fresh ginger

1 tablespoon agave nectar

1 frozen pear, peeled, cored

1 cup ice

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select FROZEN DRINK.



# DIPS, SAUCES & DRESSINGS

## FRESH HERB RANCH DRESSING

**PREP:** 10 MINUTES

**CHILL:** 1 HOUR

**CONTAINER:** 20-OUNCE SINGLE-SERVE CUP

**MAKES:** 2 CUPS

### INGREDIENTS

- 1 clove garlic, peeled
- 1/4 cup fresh parsley leaves
- 12 sprigs fresh chives, cut in 2-inch pieces
- 2 tablespoons fresh tarragon leaves
- 1 cup mayonnaise
- 1/2 cup buttermilk
- 1 tablespoon lemon juice
- 1/2 teaspoon kosher salt
- 1 teaspoon ground black pepper

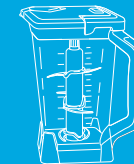
### DIRECTIONS

- 1 Place all ingredients into the 20-ounce Single-Serve Cup in the order listed.
- 2 Select LOW for 30 seconds, or until desired consistency is reached.
- 3 Remove blades from cup after blending.
- 4 Chill 1 hour before serving.

DIPS, SAUCES & DRESSINGS







# CHIPOTLE SALSA

**PREP:** 5 MINUTES

**CHILL:** 1 HOUR

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 4 CUPS

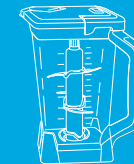
## INGREDIENTS

- 2 10-ounce cans whole peeled tomatoes
- 1 white onion, peeled and quartered
- 1 jalapeño pepper, seeded
- 1 canned chipotle pepper in adobo
- 2 tablespoons adobo sauce
- 1 bunch cilantro, stems removed
- 1 lime, peeled and quartered
- Salt and pepper to taste

## DIRECTIONS

- 1 Place all of the ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Turn unit ON and hold down Auto-iQ® PULSE until desired consistency is reached.





# HUMMUS

**PREP:** 10 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 2 1/2 CUPS

## INGREDIENTS

- 1 clove garlic, peeled
- 2 cups cooked garbanzo beans, drained (liquid reserved)
- 1/4 cup plus 2 tablespoons garbanzo bean liquid
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 2 tablespoons tahini
- 1 teaspoon ground cumin

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select PUREE.







## PEANUT DRESSING

**PREP:** 5 MINUTES

**CONTAINER:** 20-OUNCE SINGLE-SERVE CUP

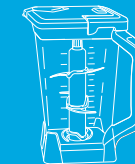
**MAKES:** 1 1/2 CUPS

### INGREDIENTS

- 4 cloves garlic, peeled
- 1/4 cup soy sauce
- 1/4 cup rice wine vinegar
- 1/2 cup peanut butter
- 1/4 cup agave nectar

### DIRECTIONS

- 1 Place all ingredients into the 20-ounce Single-Serve Cup in the order listed.
- 2 Select LOW for 30 seconds, or until desired consistency is reached.
- 3 Remove blades from cup after blending.



# PINEAPPLE CILANTRO DIPPING SAUCE

**PREP:** 10 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 6-8 SERVINGS

## INGREDIENTS

3 cups pineapple chunks

1 small white onion, peeled, cut in quarters

1 1/2 small serrano chiles, seeds removed

1/2 cup fresh cilantro, stems removed

1/4 cup lime juice

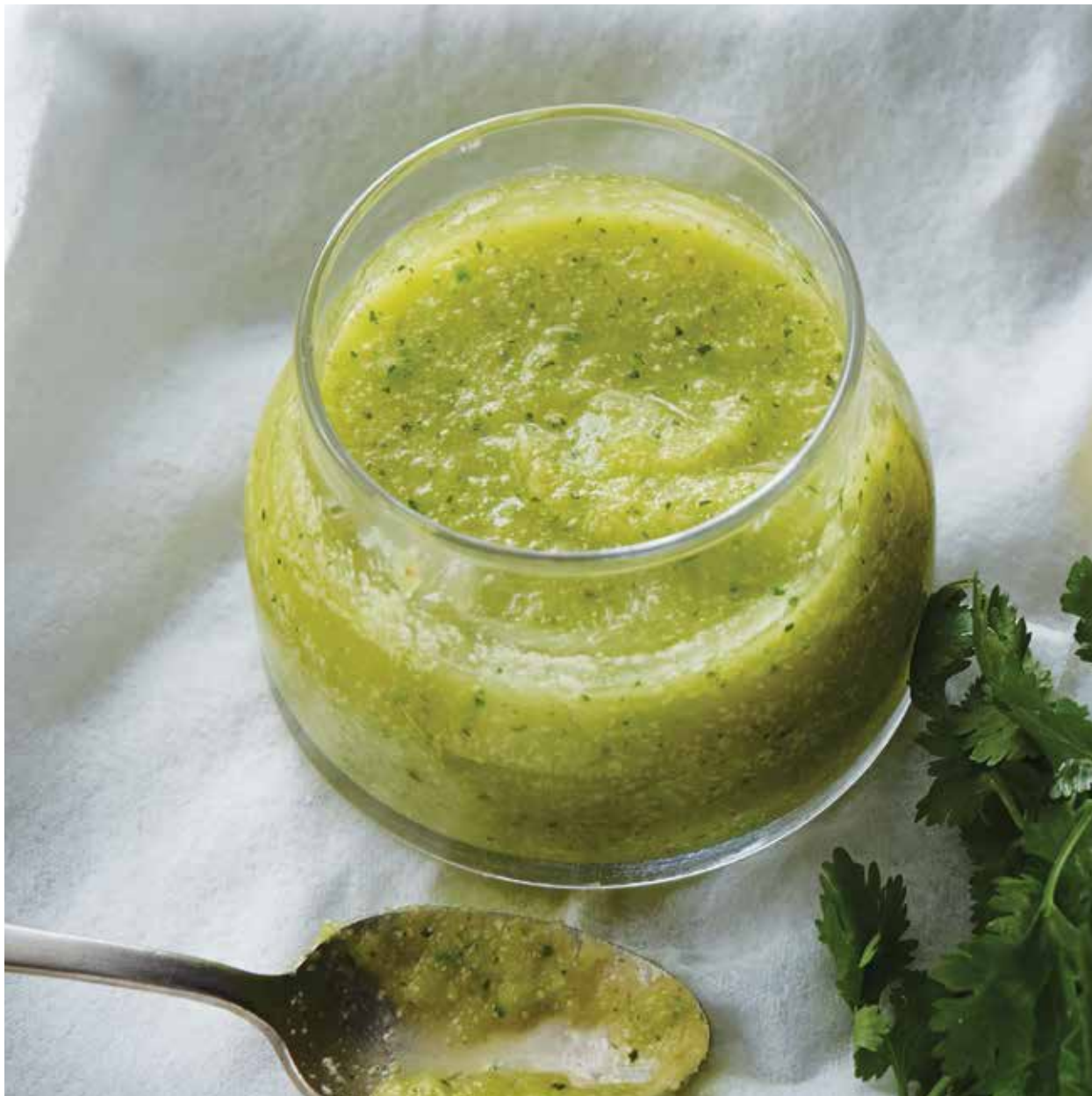
3 tablespoons coconut oil

Kosher salt and black pepper, to taste

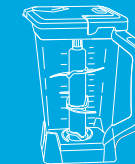
## DIRECTIONS

**1** Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.

**2** Select PUREE.







# WALNUT RED PEPPER DIP

**PREP:** 10 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 2 CUPS

## INGREDIENTS

1 jar (7 ounces) roasted red peppers

¼ large (6-inch round) pita

1 cup toasted walnuts

¼ cup olive oil

2 tablespoons lemon juice

2 tablespoons tomato paste

¼ teaspoon crushed red pepper

1 teaspoon ground cumin

⅓ teaspoon kosher salt

Pinch ground black pepper

## DIRECTIONS

- 1** Drain peppers and reserve liquid in a small bowl. Tear pita into 1-inch pieces and place in the bowl of liquid to soften, about 3 minutes.
- 2** Place softened pita and remaining ingredients into the 72-ounce Total Crushing Pitcher.
- 3** Select PUREE.



# SOUPS

## SOUPS



# CUCUMBER AVOCADO SOUP

**PREP:** 15 MINUTES

**CHILL:** 30 MINUTES

**CONTAINER:** 20-OUNCE SINGLE-SERVE CUP

**MAKES:** 2 SERVINGS

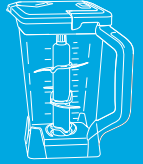
## INGREDIENTS

- 1/4 English cucumber, cut in 1-inch pieces
- 1 avocado, peeled, cut in quarters, pit removed
- 1/4 small yellow bell pepper, chopped, seeds removed
- 1/4 jalapeño pepper, seeds removed, cut in half
- 1/4 cup fresh cilantro, stems removed
- 1 cup unsalted chicken stock
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon kosher salt

## DIRECTIONS

- 1 Place all ingredients into the 20-ounce Single-Serve Cup in the order listed.
- 2 Select HIGH until smooth.
- 3 Remove blades from cup after blending.
- 4 Chill for 30 minutes before serving.





# BUTTERNUT SQUASH SOUP

**PREP:** 20 MINUTES

**COOK:** 40–45 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 8 SERVINGS

## INGREDIENTS

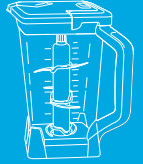
- 3 tablespoons olive oil
- 1 large yellow onion, peeled, chopped
- 1 cup raw cashews
- 1 large apple, peeled, cored, chopped
- 1 large carrot, peeled, chopped
- 2 pounds butternut squash, peeled, cubed
- 1 teaspoon fresh thyme leaves
- 1 bay leaf
- 4 cups vegetable stock
- Kosher salt and black pepper, to taste

## DIRECTIONS

- 1** Heat oil in a large saucepan over medium heat. Add onion, cooking until it begins to soften, about 5 minutes. Add cashews and cook, stirring, for about 5 minutes.
- 2** Add apple, carrot, squash, thyme, and bay leaf to the saucepan and cook for 5 minutes. Add stock, salt, and pepper and stir to combine. Bring the mixture to a boil, then reduce heat to medium-low. 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.
- 4** Working in two batches, ladle half the cooled mixture into the 72-ounce Total Crushing Pitcher. Select PUREE and blend until desired consistency is reached. Repeat with remaining mixture.
- 5** Return soup to saucepan and simmer until heated through.

**DO NOT BLEND HOT INGREDIENTS.**





# BROCCOLI CHEDDAR SOUP

**PREP:** 15 MINUTES

**COOK:** 35-40 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 6 SERVINGS

## INGREDIENTS

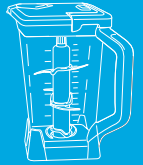
3 tablespoons butter  
 1/2 small yellow onion, peeled, chopped  
 1 medium carrot, peeled, chopped  
 2 tablespoons flour  
 3 cups chicken broth  
 3 cups broccoli florets  
 1 cup whole milk  
 3/4 cup shredded cheddar cheese  
 Kosher salt and pepper, to taste

## DIRECTIONS

- 1 Place butter into a heavy-bottom saucepan over medium heat; stir until melted. Add onion and carrot and cook until tender, about 5 minutes.
- 2 Whisk in the flour and cook 5 more minutes. Add broth and continue stirring as mixture thickens. Add broccoli and simmer over medium heat until tender, 20 to 25 minutes, stirring occasionally.
- 3 Allow mixture to cool to room temperature.
- 4 Place cooled mixture into the 72-ounce Total Crushing Pitcher. Select HIGH and blend until desired consistency is reached.
- 5 Transfer the soup back to the saucepan. Add milk, cheese, salt, and pepper. Simmer until heated through.

**DO NOT BLEND HOT INGREDIENTS.**





# CAULIFLOWER WHITE CHEDDAR SOUP

**PREP:** 20 MINUTES

**COOK:** 20-25 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 4 SERVINGS

## INGREDIENTS

4 cups cauliflower florets

1/2 small onion, peeled, cut in half

2 cups low-fat milk

3/4 cup grated white cheddar cheese,  
plus more for garnish

1 teaspoon onion powder

1/4 teaspoon ground nutmeg, plus more for garnish

Kosher salt and black pepper, to taste

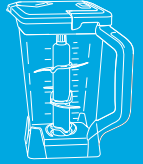
## DIRECTIONS

- 1 Steam cauliflower with onion until tender, about 15 minutes. Cool to room temperature.
- 2 Place cooled cauliflower and onion with remaining ingredients into the 72-ounce Total Crushing Pitcher.
- 3 Select HIGH until desired consistency is reached.
- 4 Transfer soup to a stockpot, season as desired, and simmer until heated through.
- 5 Garnish each serving with additional grated cheese and nutmeg.

**DO NOT BLEND HOT INGREDIENTS.**







# ROASTED GARLIC & ROMA TOMATO SOUP

**PREP:** 10 MINUTES

**COOK:** 15 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 6 SERVINGS

## INGREDIENTS

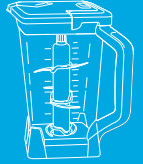
- 4 cloves garlic, peeled, roasted
- 1 can (28 ounces) peeled whole Roma tomatoes
- 1 tablespoon fresh basil leaves
- 1 cup vegetable broth
- $\frac{3}{4}$  cup silken tofu
- 3 tablespoons tomato paste
- 3 tablespoons extra virgin olive oil
- $\frac{1}{2}$  teaspoon kosher salt
- $\frac{1}{4}$  teaspoon ground black pepper

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select HIGH until desired consistency is reached.
- 3 Transfer mixture to a large saucepan and simmer over medium-low heat for 15 minutes, or until heated through.

**DO NOT BLEND HOT INGREDIENTS.**





# PEP IN YOUR STEP SOUP

**PREP:** 10 MINUTES

**COOK:** 10-15 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 3 SERVINGS

## INGREDIENTS

2 cloves garlic, peeled

3 red bell peppers, roasted, peeled, cooled

1/4 cup sundried tomatoes

1/4 bunch Italian parsley, trimmed

1 cup low-sodium vegetable broth

1/4 cup white wine

Kosher salt and black pepper, to taste

Balsamic vinegar, for garnish

## DIRECTIONS

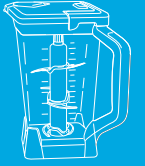
- 1** Place all ingredients, except balsamic vinegar, into the 72-ounce Total Crushing Pitcher in the order listed.
- 2** Select HIGH until desired consistency is reached.
- 3** Transfer soup to a medium saucepan and simmer until heated through, about 10 minutes. Serve in bowls garnished with a splash of balsamic vinegar.

**DO NOT BLEND HOT INGREDIENTS.**



# DESSERTS

## DESSERTS



# STRAWBERRY PEACH FROZEN TREAT

**PREP:** 10 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 4 SERVINGS

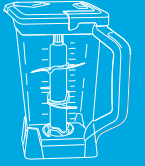
## INGREDIENTS

- 2 cups frozen strawberries
- 1 cup frozen peaches
- $\frac{3}{4}$  cup whole milk
- 2 tablespoons agave nectar
- 1 teaspoon vanilla extract

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select HIGH until smooth.
- 3 Garnish with your favorite fruit toppings.





# BLUEBERRY VANILLA CHIP FREEZE

**PREP:** 10 MINUTES

**FREEZE:** 15 MINUTES-3 HOURS

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 6 SERVINGS

## INGREDIENTS

1/2 cup white chocolate chips

3/4 cup light cream

2 tablespoons lemon juice

1 teaspoon vanilla extract

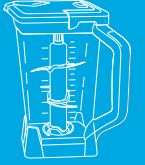
3 cups frozen blueberries

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select ICE CREAM.
- 3 Remove mixture from the pitcher and place in the freezer for at least 15 minutes before serving. If you prefer a hard ice cream consistency, pour mixture into a loaf pan and freeze for 2 to 3 hours, or until hardened.

## SERVING SUGGESTION

Create a delicious sundae by topping with crushed walnuts, almonds, or granola.



# STRAWBERRY MINT SORBET

**PREP:** 5 MINUTES

**FREEZE:** 15 MINUTES-3 HOURS

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 4 SERVINGS

## INGREDIENTS

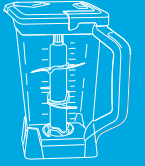
- 3 cups frozen strawberries
- 6 fresh mint leaves
- 1 cup pomegranate juice
- 2 tablespoons coconut sugar

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select ICE CREAM.
- 3 Remove mixture from the pitcher and place in the freezer for at least 15 minutes before serving. If you prefer a hard ice cream consistency, pour mixture into a loaf pan and freeze for 2 to 3 hours, or until hardened.







# BLUEBERRY LEMON SORBET

**PREP:** 5 MINUTES

**FREEZE:** 15 MINUTES–3 HOURS

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 6 SERVINGS

## INGREDIENTS

- 3 cups frozen blueberries
- 3 fresh mint leaves
- 1 1/4 cups lemonade

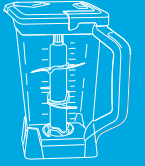
## DIRECTIONS

- 1** Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2** Select ICE CREAM.
- 3** Remove mixture from the pitcher and place in the freezer for at least 15 minutes before serving. If you prefer a hard ice cream consistency, pour mixture into a loaf pan and freeze for 2 to 3 hours, or until hardened.

## SERVING SUGGESTION

For entertaining, spoon sorbet into ice cube trays and freeze. Add cubes to champagne for a festive champagne float.





# COCONUT PINEAPPLE SORBET

**PREP:** 10 MINUTES

**FREEZE:** 15 MINUTES-3 HOURS

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 4 SERVINGS

## INGREDIENTS

- 2 cups frozen pineapple chunks
- 2 small frozen ripe bananas
- 2 tablespoons fresh lime juice
- 1 cup light coconut milk
- 2 tablespoons agave nectar
- 1 teaspoon grated fresh ginger

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select ICE CREAM.
- 3 Remove mixture from the pitcher and place in the freezer for at least 15 minutes before serving. If you prefer a hard ice cream consistency, pour mixture into a loaf pan and freeze for 2 to 3 hours, or until hardened.





# KIWI, MELON & COCONUT ICE POPS

**PREP:** 10 MINUTES

**FREEZE:** 8 HOURS

**CONTAINER:** 20-OUNCE SINGLE-SERVE CUP

**MAKES:** 4 ICE POPS

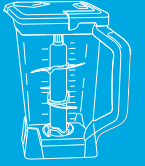
## INGREDIENTS

- 1 kiwi, peeled, cut in quarters
- 1 cup honeydew melon chunks
- 1 cup coconut milk
- Juice of 1/2 lime
- 2 tablespoons agave nectar
- Pinch kosher salt

## DIRECTIONS

- 1 Place all ingredients into the 20-ounce Single-Serve Cup in the order listed.
- 2 Select HIGH until desired consistency is reached.
- 3 Remove blades from cup after blending.
- 4 Pour mixture into ice pop molds and freeze for 8 hours or overnight.





# VANILLA PEPPERMINT ICE CREAM

**PREP:** 10 MINUTES

**FREEZE:** 8 HOURS + 15 MINUTES-3 HOURS

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 6 SERVINGS

## INGREDIENTS

2 cups heavy cream

1 cup evaporated milk

10 round peppermint candies

¼ cup powdered sugar

½ teaspoon peppermint extract

1 cup whole milk

## DIRECTIONS

- 1 Stir together the heavy cream and evaporated milk. Pour into ice cube trays and freeze for 8 hours or overnight.
- 2 Place peppermint candies, powdered sugar, peppermint extract, milk, and frozen cream cubes into the 72-ounce Total Crushing Pitcher.
- 3 Select ICE CREAM.
- 4 Remove mixture from the pitcher and place in the freezer for at least 15 minutes before serving. If you prefer a hard ice cream consistency, pour mixture into a loaf pan and freeze for 2 to 3 hours, or until hardened.





# NOTES

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