

NINJA®

Inspiration Guide



CONGRATULATIONS

**You've just purchased the
Ninja® Professional Blender**

Ninja® Professional blender is a hassle-free blender with outstanding performance and a sleek design to inspire healthy living.

So, go on... plug in your Ninja® and be inspired!



CANTALOUPE BREEZE

healthy tip

Watermelon is
92% water.
Water based
foods make you
eat less

1 ½ cups cantaloupe
¾ cup watermelon seedless
2-3 mint leaves
Ice cubes

10 minutes • makes 2 servings

72oz

Place all ingredients in the pitcher,
blend on 3 until smooth.

LEAN & GREEN

healthy tip

Ounce for ounce, kiwi is the most nutrient dense when compared to 27 other fruits



- 1 cup baby spinach
- 1 banana, peeled
- 2 whole kiwis, peeled
- 1½ cups pineapple chunks
- 5 ice cubes

10 minutes • makes 2 servings

72oz

Place all ingredients in the pitcher,
blend on 3 until smooth.



Ninja® Professional Blender

Gives you the power and convenience to live a healthy lifestyle.

Ninja® blade technology + 1000 watts of pure POWER...A powerful duo for the ultimate blending experience.

FROZEN

BLENDING

FOOD

PROCESSING

COMPLETE

JUICING

FROZEN BLENDING

A complete blending system to inspire and simplify healthy living for active lifestyles. Whether you desire a delicious fruit smoothie, protein shake, frappe, slushie or even resort style frozen cocktail... we've got you covered!

*Tips & Tricks

For best results, quickly pulse 3-4 times to help break up the ice. The harder the ingredients, the more pulses you'll need.

what you need:



BASE



72 OZ. PITCHER



6 BLADE



EMERALD GREEN ELIXIR

- 1 cup white grape juice
- 1 small banana
- 1 cup baby spinach leaves
- 2 kiwis, peeled
- 1 tbsp honey
- 10-12 ice cubes

healthy tip

Kiwis have
twice the
vitamin C of
oranges

10 minutes • makes 2 servings

72oz

Place all ingredients in the pitcher,
blend on 3 until smooth.

PINEAPPLE GINGER MINT

2 ½ cups pineapple
2 thin slices fresh ginger
5-6 mint leaves
5-6 ice cubes

10 minutes • makes 2 servings

72oz

Place all ingredients in the pitcher,
blend on 3 until smooth.

healthy tip
Pineapple,
ginger & mint
are powerful
digestive agents



FOOD PROCESSING

Chop fresh ingredients evenly without any mush! Effortlessly mince, chop, grind and blend a variety of ingredients for easy meal preparation or final touches!

* Tips & Tricks

Quick pulsing is the best method to process foods.
Pulse similarly textured foods together for better consistency.

what you need:



BASE



72 OZ. PITCHER



6 BLADE



COMPLETE JUICING

What makes our juice complete?

Unlike Juicers the Ninja® Professional Blender allows you to turn whole fruits and vegetables into delicious drinks leaving all the nutritious pulp. Combine your favorite whole fruits, vegetables, and a few ice cubes and the Ninja® blade technology will do the rest!

*Tips & Tricks

Pulp is the healthiest part of any juice—providing you with the most nutrition.

If you prefer less pulp, add more water based fruits and vegetables like melon and cucumber. The longer you blend, the smoother it gets.

If you must, use a strainer.

what you need:



BASE



72 OZ. PITCHER



6 BLADE



MELON COOLER

healthy tip

Melons are a high water volume food that has been shown to help with weight loss

- 1 ½ cups cantaloupe
- 1 ½ cups honeydew
- ¾ cup pineapple
- ½ cup spinach
- 5 ice cubes

10 minutes • makes 2 servings

72oz

Place all ingredients in the pitcher,
blend on 3 until smooth.

PINEAPPLE BANANA SWIRL

2 cups fresh pineapple
1 banana peeled
2 cups pineapple juice

10 minutes • makes 2 servings

72oz

Place all ingredients in the pitcher,
blend on 3 until smooth.

Tip: Add ice cubes before blending
for a smoother texture and to serve cold.

healthy tip
Pineapple
contains
powerful digestive
enzymes



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Creative and delicious recipes created to use with your Ninja® Professional Blender!

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healthy tip

Blueberries
may help sharpen
your memory
functions

BLUEBERRY BLAST

- 1 cup white grape juice
- 1 cup low fat yogurt
- ½ banana
- 1 cup fresh blueberries
- 10-12 ice cubes

5 minutes • makes 2 servings

72oz

Place all ingredients in the pitcher,
blend on 3 until smooth.

APPLE & PINEAPPLE JUICE BLEND

healthy tip

Home juicing apples keeps all the valuable nutrients, vitamins, phytochemicals & live enzymes

- 4 apples, peeled and cored
- ½ cup fresh pineapple cut in chunks
- ½ tsp ground cinnamon
- 4 cups apple juice

10 minutes • makes 2 servings

72oz

Place apples and pineapple in a microwave safe bowl, add 2 Tbsp. of water. Cover and cook on High for 6 minutes or until very tender. Spoon the mixture into the Pitcher and add the cinnamon and ice cubes.

Blend on 2 until smooth. For a smoother blend, add apple juice to reduce the pulp.

healthy tip

Extra virgin olive oil has more health benefits compared to regular olive oil due to the difference in the separation process

BASIL PESTO

- ½ cup toasted pine nuts
- 2 large cloves garlic peeled
- 4 cups tightly packed fresh basil leaves
- ½ cup freshly grated parmesan
- ½ tsp salt
- ½ tsp pepper
- ½ - ¾ cup extra virgin olive oil

2 hours 15 minutes • makes 4-6 servings

72oz

Place all ingredients in the pitcher, except the olive oil, and blend until smooth. Add the olive oil and continue to blend till all ingredients are combined and smooth.

RASPBERRY & MINT LEMONADE

- 8 oz club soda
- ½ cup lemonade
- ½ cup fresh raspberries
- 2 tbsp powdered sugar
- 4 mint leaves
- Ice cubes

5 minutes • makes 4 servings

72oz

Place all ingredients in pitcher except the ice cubes, blend on 2 until smooth. Fill 4 cocktail glasses with ice, pour and serve.

healthy tip
Raspberries have 8 grams of fiber in 1 cup

healthy tip

Bananas
are high in
potassium
and fiber

BERRY BANANA TWIST

- 1 cup fresh/frozen strawberries
- 1 cup fresh/frozen blackberries
- 1 banana peeled
- ½ cup vanilla yogurt
- 1 cup orange juice
- Ice cubes

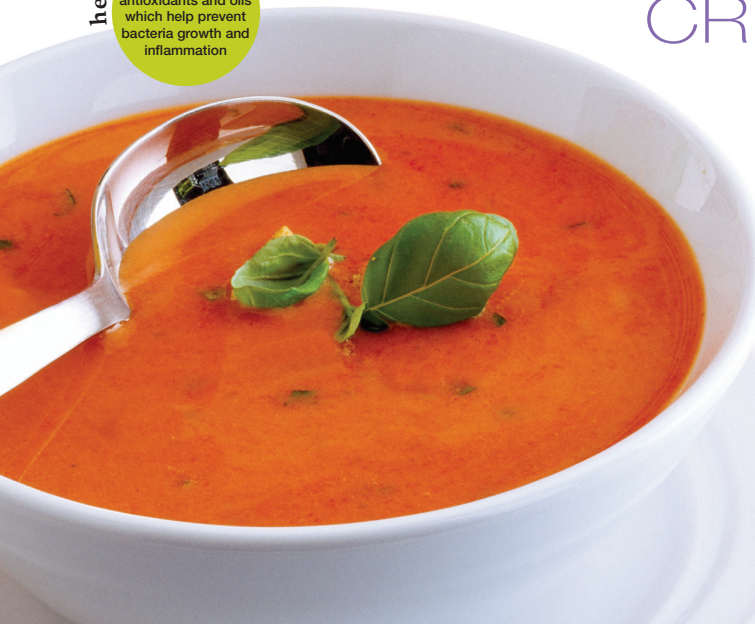
5 minutes • makes 2 servings

72oz

Place all ingredients in pitcher,
pulse ingredients 4-5 times then
blend until smooth on 3.

healthy tip

Basil has powerful antioxidants and oils which help prevent bacteria growth and inflammation



TOMATO BASIL CREAM SAUCE

- 1 ripe Roma tomato, seeded and quartered
- 2 tbsp tomato paste
- 1/3 cup heavy cream
- 6 basil leaves
- 1/4 tsp dried Italian seasoning

2 hours 15 minutes • makes 4-6 servings

72oz

Place all ingredients in the pitcher and blend until smooth. Heat the sauce over medium heat in a small saucepan or heat briefly in the microwave. Serve over hot, cooked pasta or add vegetables and/or cooked meat

healthy tip

Key limes have more vitamin C than other lime varieties

KEY LIME PIE

- 2 eggs
- 14 oz can sweetened condensed milk
- 4 key limes juiced (½ cup lime juice)
- 1 8" prepared graham cracker crust
- 1 cup whipped cream

2 hours 15 minutes • makes 4-6 servings

72oz

Preheat oven to 350°F. Add the eggs to the pitcher and whip on 3 until frothy. Add milk and lime juice and blend on 2 until combined.

BLACKBERRY BURST

healthy tip

Blackberries have high antioxidant power. They are a good source of vitamin A, potassium and calcium

- 1 cup frozen blackberries
- 1 cup frozen blueberries
- ½ cup strawberries
- ½ cup yogurt
- 1 cup orange juice

5 minutes • makes 2 servings

72oz

Place all ingredients in the pitcher,
blend on 3 until smooth.

CRANBERRY COSMO FREEZE

½ cup fresh/frozen cranberries, washed

½ cup cranberry juice

2 oz triple sec

4 oz vodka, chilled

10 minutes • makes 4 servings



In advance, place the cranberries and juice in the pitcher and pulse until smooth. Spoon the mixture into ice cube trays and freeze until ice cubes are formed. Place the cranberry juice, ice cubes and the remaining ingredients into the pitcher and pulse until smooth. Serve right away in chilled martini glasses.

healthy tip

Studies have shown that cranberries contain antibacterial properties that help prevent UTI's and bacteria adhesion to teeth and stomach lining



healthy tip

Peanuts contain iron which has been shown to be essential for the proper functioning of red blood cells

CRUNCHY THAI PEANUT SPREAD

2 cups roasted peanuts
3 tbsp canola oil
3-4 tbsp soy sauce

5 minutes • makes 4-6 servings

72oz

Place peanuts in the pitcher and pulse on 1 until chunky. Add the canola oil and soy sauce and continue pulsing for 30 seconds.

LEMON MINT GRANITA

- 3 large lemons, peeled**
- 4 leaves fresh mint**
- 1 cup water**
- 1/3 cup sugar**

3 to 4 hours • makes 2-4 servings

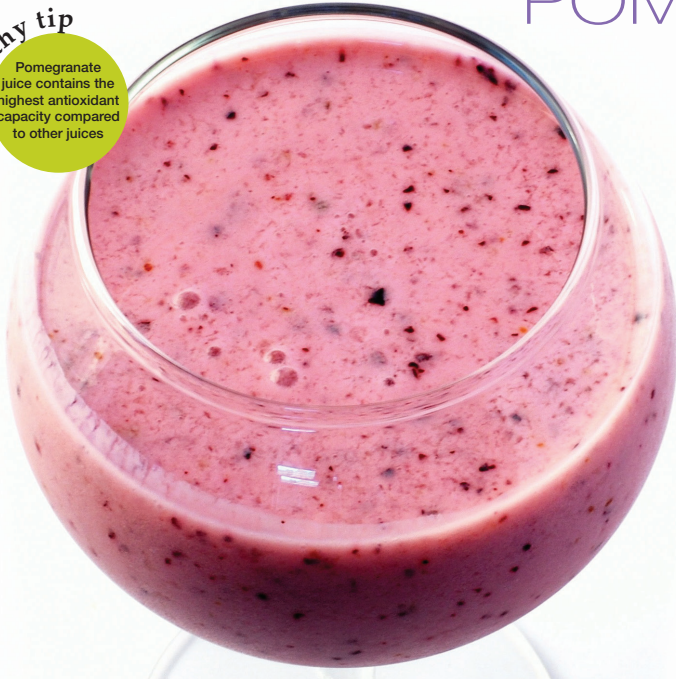
72oz

Place the lemons, mint leaves and water in the pitcher, blend on 3 until very smooth. Strain the juice and discard the fruit. Pour into a bowl or ice cube trays, freeze 3-4 hours till almost solid.

POMEGRANATE SMOOTHIE

healthy tip

Pomegranate juice contains the highest antioxidant capacity compared to other juices



- 1 cup yogurt
- 1 cup pomegranate juice
- 1 cup frozen blueberries
- 2 tbsp honey
- Ice cubes

5 minutes • makes 2 servings



Place all ingredients in pitcher,
pulse ingredients 4-5 times then
blend until smooth on 2.



JAMAICAN SCREWDRIVER

- 6 oz of vodka
- 4 oz light rum
- 2 cup orange juice
- 1 cup pineapple juice
- 4 cup crushed ice cubes
- 4 orange slices for garnish

5 minutes • makes 2 servings

72oz

Place all ingredients except orange slices, into the pitcher and blend on 3 until smooth and frothy. Pour into chilled glasses and garnish with orange slices.

WATERMELON GRANITA

- 6 cups watermelon
(peeled and seeded roughly cut)
- 1 tbsp lime juice
- ½ cup sugar

10 minutes • makes 2 servings



Place the watermelon in chunks in the pitcher, blend on 1 for 1 minute. Strain the watermelon and pour back into the pitcher. Add lime juice and sugar and blend on 2 till ingredients are combined. Pour into a bowl or ice cube trays, freeze 3-4 hours until almost solid.

healthy tip

Watermelon is a great source of vitamin A and carotenoids

healthy tip

Mangos are good as a tenderizing agent and perfect for marinades



SPICY MANGO SALSA

- 1 ripe mango, peeled
(frozen chunk mango thawed)
- ¼ red onion peeled
- ½ ripe tomato, quartered
- 1 jalapeño pepper, halved and seeded
- ¼ green pepper
- ¼ cup cilantro
- 1 lime, juiced

10 minutes • makes 4 servings

72oz

Place all ingredients in the pitcher and pulse 3-4 times for roughly chopped salsa.

healthy tip

1 cup of
grapefruit has
120% of daily
vitamin C needs

CUCUMBER BLAST



2 grapefruits, peeled and quartered
2 oranges, peeled and quartered
½ cucumber, peeled
4-6 ice cubes

10 minutes • makes 2 servings

72oz

Place all ingredients in pitcher, pulse ingredients 4-5 times then blend until smooth on 3.

BLUEBERRY CAIPIROSKA

- 1 cup fresh blueberries
- 8 oz vodka
- 16 ice cubes
- 8 large mint leaves for garnish

5 minutes • makes 4 servings

72oz

Place all ingredients in pitcher,
blend on 3 until smooth

healthy tip

Zucchini contains riboflavin, which is needed for helping carbohydrates convert to energy

FRESH ZUCCHINI SPEARS WITH CREAMY DILL DIP

- 1 ½ cup low fat sour cream
- 1 tbsp fresh dill
- 1 tsp salt
- ¼ tsp pepper
- 1 tbsp milk
- 3 medium zucchini, quartered horizontally



10 minutes • makes 2 servings

72oz

Place all ingredients, except zucchini, in the pitcher and pulse 3-4 times. Add teaspoons of milk as needed to reach your desired consistency. Remove the dip and place in a small serving bowl. Offer zucchini spears with the fresh dill dip.

healthy tip

Artichokes are known to be a liver cleansing food

ARTICHOKE DIP

- 1 cup mayonnaise
- 4 oz can marinated artichokes (reserve 2 tbsp liquid)
- ½ pound low fat mozzarella cheese, cut into large pieces
- ½ cup parmesan cheese, cut into pieces or grated
- 2 green onions, sliced
- 1 round sourdough bread, cut into 2 inch pieces



30 minutes • makes 2 servings



Preheat oven to 350°F. Place the mayo, artichokes with 2 tbsp. of liquid, mozzarella cheese and parmesan in the pitcher, blend on 2 for 20 seconds or until uniformly smooth. Spoon the dip into a heat-proof serving dish and bake for 20 minutes.

healthy tip

Reduce over 300
calories by switching
from cream to
whole milk

FRUIT'N CREAM ICE CREAM

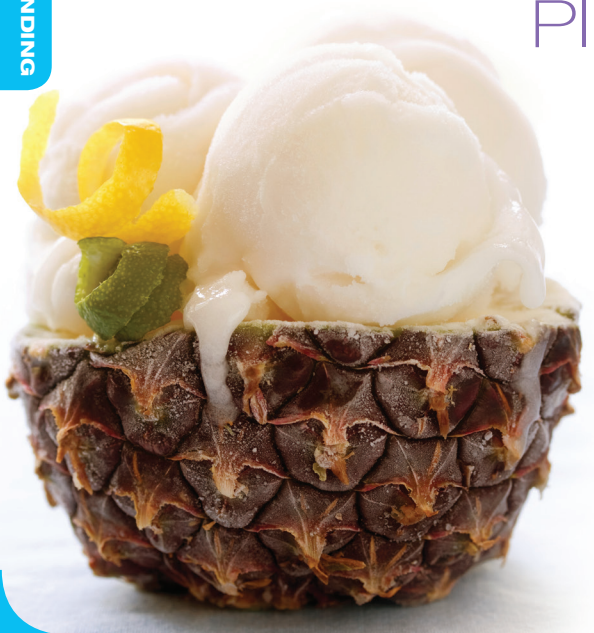
- 2 cups frozen fruit
(mixed berries, strawberries, peaches etc.)
- ½ cup heavy cream (or use milk or low fat milk)
- 2-4 tbsp sugar
- 1 tsp vanilla extract

5 minutes • makes 4 servings

72oz

Place all the ingredients in the pitcher
blend on 3 until the ingredients thicken.

COCONUT PINEAPPLE SORBET



- 1 small ripe pineapple, peeled, cored, roughly cut
- 1 tbsp fresh lime juice
- ½ cup light coconut milk
- ½ cup super fine sugar
- 1 tsp fresh ginger, chopped

5 minutes • makes 4 servings

72oz

Chop pineapple up in 1" pieces and freeze overnight. Place frozen pineapple and other ingredients into pitcher and blend on 3 until ingredients thicken.

healthy tip

Tomatoes are an excellent source of vitamin C. Vine-ripened tomatoes have double the vitamin C than hothouse varieties

ROASTED TOMATO BRUSCHETTA

- 4 medium tomatoes, cored quartered
- 2 tbsp extra virgin olive oil
- Salt & pepper
- 1 clove garlic
- ½ cup black olives, pitted
- 1 tsp fresh basil
- Toasted french bread rounds



1 hour • makes 4-6 servings

72oz

Place tomatoes on a baking sheet and toss with oil and salt & pepper. Bake at 350°F for 30-40 minutes or until tender. Remove and cool slightly.

Place cooled tomatoes, garlic, olives and basil in the pitcher. Pulse on 1 for a few seconds until the vegetables are roughly chopped. Spoon over French bread rounds and serve.

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