



**NUTRI
NINJA**

**ELEVATE THE
EVERYDAY**

35 SIMPLE RECIPES



MAKE EVERY DAY A NU DAY

Fork over the flavor and sip to your heart's content with help from the Nutri Ninja® Nutri Bowl™ DUO™. With one base and two interchangeable vessels, it easily switches from powerful Nutrient & Vitamin Extractor* to a versatile Nutrient Fusion** Processor, turning go-to ingredients into inspired drinks, snacks, and meals at the touch of a button. Together, Nutrient Fusion** and Nutrient & Vitamin Extraction* elevate your whole day. And we've got the delicious recipes and super-smart ingredient swaps to prove it.



*Extract a drink containing vitamins and nutrients from fruits and vegetables.
**Create a fusion of foods containing nutrients from fruits, vegetables, and other foods.

TABLE OF CONTENTS

AUTO-IQ BOOST™
NUTRIENT EXTRACTION*
NUTRIENT FUSION**
TIPS FOR YOUR NUTRI NINJA® CUP
TIPS FOR YOUR NUTRI BOWL™

EXTRACTION

WAKE-UP	10
CONCENTRATED	13
SAVORY	16
POWER	20
FROZEN	24
SWEET	27

FUSION

SALAD	32
VEGGIE	36
PROTEIN	40
FROZEN	44
SNACK	48
WHOLE GRAIN	52
SWEET	56
BONUS	61

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

**Create a fusion of foods containing nutrients from fruits, vegetables, and other foods.



13

EGG MUFFINS

40



FUDGY ICE POPS

24



42



52

TROPICAL FRESH FRUIT ICE POPS

26

CRUISE CONTROL, FOR THE KITCHEN.

Ninja® has set a new standard in drink and meal customization. Auto-iQ Boost™ gives you the power to control the texture and consistency of everything from nutritious juices and smoothies to delectable dips and doughs, all at the touch of a button.



SMOOTHIE



Using frozen fruit? Select **BOOST YES** for the smoothest results. If you're sticking to fresh fruit, you're all set with **BOOST NO**.

TO BOOST OR NOT TO BOOST?

Selecting **BOOST YES** or **BOOST NO** adds just the right amount of pulses and pauses to get the results you want from each recipe. Use this guide to get the most out of each program on your Nutri Ninja® Nutri Bowl™ DUO™.

EXTRACT



Select **BOOST YES** if your recipe includes fibrous ingredients with skins and seeds. Otherwise, use **BOOST NO**.

FUSION MIX



Nutri Bowl creations are a varied bunch. Choose **BOOST YES** for a smooth consistency; choose **BOOST NO** for a chunkier texture.

FUSION CHOP



Looking for a finer chop of fruits and veggies? Choose **BOOST YES**. Otherwise, choose **BOOST NO**.

FUSION DOUGH



Making dough for pizza or bread? Choose **BOOST YES**. For recipes with extra steps, like pie or cookie dough, choose **BOOST NO**.

NUTRIENT & VITAMIN EXTRACTION*

With the Pro Extractor Blades® Assembly and Auto-iQ™, the 1200-watt motor fully breaks down whole foods, ice, and seeds, unlocking the full potential of your fruits and veggies.**



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

**By blending whole fruits and vegetables, including parts that are usually discarded.

WAKE-UP EXTRACTIONS



Morning Berry
(page 12)

CONCENTRATED EXTRACTIONS



Icy Almond Cacao Shot
(page 14)

SAVORY EXTRACTIONS



Herb Mustard Marinade
(page 18)

POWER EXTRACTIONS



Strawberry Banana Protein Shake
(page 20)

FROZEN EXTRACTIONS



Fudgy Ice Pops
(page 24)

SWEET EXTRACTIONS



Frozen Campfire
(page 28)

NUTRIENT FUSION*



With a 1200-watt motor, Precision Prep Blades, and Auto-iQ™, the Nutri Bowl™ pulls fresh, wholesome ingredients together to make meals vibrant with flavor and nutrients so you can savor every mouthful.

*Create a fusion of foods containing nutrients from fruits, vegetables, and other foods.

SALAD FUSIONS

Recommended program: Fusion CHOP



Chicken Chopped Salad
(page 32)

VEGGIE FUSIONS

Recommended program: Fusion CHOP



Broccoli Tots
(page 36)

PROTEIN FUSIONS

Recommended program: Fusion CHOP



Taco Night
(page 43)

FROZEN FUSIONS

Recommended program: Fusion MIX



Mango Coconut Smoothie Bowl
(page 44)

SNACK FUSIONS

Recommended program: Fusion MIX



Almond Chia Bites
(page 48)

WHOLE GRAIN FUSIONS

Recommended program: Fusion DOUGH



Pear Rosemary Flatbread
(page 52)

SWEET FUSIONS

Recommended program: Fusion DOUGH



Chocolate Chip Cookies
(page 58)

TIPS FOR YOUR NUTRI NINJA® CUP

LOADING TIPS

Don't overfill the Nutri Ninja 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. Do not place frozen ingredients first in the Nutri Ninja cups.

When loading the Nutri Ninja cup, make sure ingredients do not go past the max fill line.

CAUTION: Remove the Pro Extractor Blades Assembly from the Nutri Ninja 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, only use Spout Lid to cover.

TIPS FOR YOUR NUTRI BOWL™

LOADING TIPS

Don't overfill the Nutri Bowl or ingredients may not break down evenly. If the ingredients exceed the max fill line, take some out.



3



Add liquid on top, as the last ingredient.

2



Place heavier ingredients, like chicken and root vegetables, on top of the greens and lettuces for best results.

1



Place herbs, lettuces, and greens in the Nutri Bowl first so they are at the bottom.

PREP TIPS

Cut all ingredients to 1 1/4 inches or as designated in each recipe.

Peel bell peppers with a vegetable peeler prior to cutting for best performance.

For chopped salads with a lot of lettuce, chop the toppings separately and then layer them on top of a bed of lettuce.

When loading the Nutri Bowl, make sure ingredients do not go past the max fill line.



EXTRACTION





RISE & SHINE

PREP: 5 MINUTES

CONTAINER: 24-OUNCE TRITAN™ NUTRI NINJA® CUP

MAKES: 1 (13-OUNCE) SERVING

MAIN INGREDIENTS



1/2 Golden Delicious apple, peeled, cored, cut in half



4 mint leaves



3/4 cup kale leaves for a peppery kick



2-inch piece English cucumber, cut in half



1 teaspoon lemon juice



1/2 cup green grapes



1/2 cup coconut water



1 teaspoon hemp hearts



1/2 cup ice

CHOOSE ONE

OR



3/4 cup spinach for a milder flavor

DIRECTIONS

- 1 Place all ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
- 2 Select Auto-iQ™ BOOST YES EXTRACT.
- 3 Remove blades from cup after blending.



MORNING BERRY

PREP: 5 MINUTES

CONTAINER: 24-OUNCE TRITAN™ NUTRI NINJA® CUP

MAKES: 2 (10-OUNCE) SERVINGS

INGREDIENTS

- 1 medium ripe banana
- 1 1/2 cups almond milk
- 3 tablespoons honey
- 2 tablespoons flaxseed
- 1 1/2 cups frozen mixed berries

DIRECTIONS

- 1 Place all ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
- 2 Select Auto-iQ™ BOOST YES EXTRACT.
- 3 Remove blades from cup after blending.



GREEN MATCHA SHOT

PREP: 2 MINUTES

CONTAINER: 24-OUNCE TRITAN™ NUTRI NINJA® CUP

MAKES: 4 (2-OUNCE) SERVINGS

INGREDIENTS

- 1/2 ripe banana
- 1/2 cup almond milk
- 1 teaspoon white chia seeds
- 1 tablespoon matcha powder
- 1 ice cube

DIRECTIONS

- 1 Place all ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
- 2 Select Auto-iQ™ BOOST YES SMOOTHIE.
- 3 Remove blades from cup after blending.



ICY ALMOND CACAO SHOT

PREP: 5 MINUTES
CONTAINER: 24-OUNCE TRITAN™ NUTRI NINJA® CUP
MAKES: 4 (2-OUNCE) SERVINGS

MAIN INGREDIENTS



1/2 cup almond milk



1 tablespoon almond butter



1 tablespoon agave nectar



1 teaspoon flaxseed



1 tablespoon cacao powder

CHOOSE ONE



2 ice cubes

for a smooth,
cool flavor

OR



1/2 frozen
ripe banana
for a creamy,
fruity flavor

DIRECTIONS

- 1 Place all ingredients into the 24-ounce Tritan Nutri Ninja Cup.
- 2 Select Auto-iQ™ BOOST YES EXTRACT.
- 3 Remove blades from cup after blending.



CLASSIC PEA SOUP

PREP: 5 MINUTES | **COOK:** 10 MINUTES
CONTAINER: 24-OUNCE TRITAN™ NUTRI NINJA® CUP
MAKES: 2 (8-OUNCE) SERVINGS

MAIN INGREDIENTS



1 cup frozen peas, thawed



1/2 medium carrot, peeled, cut in 1-inch pieces



1 1/2 cups low-sodium vegetable broth



1/4 medium onion



1 stalk celery, cut in 1-inch pieces



1/2 teaspoon salt



1/4 teaspoon ground black pepper

CHOOSE ONE



1/4 small bulb fennel, cut in 1-inch pieces for a licorice flavor

OR



1/4 small bulb fennel, cut in 1-inch pieces, and 4 fresh mint leaves for a light, fresh flavor

DIRECTIONS

- 1 Place all ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
- 2 Select START/STOP until smooth, about 40 seconds.
- 3 Remove blades from cup after blending.
- 4 Place soup in a small saucepan and bring to boil, then reduce to a simmer. Cook until heated, about 10 minutes.

DO NOT BLEND HOT INGREDIENTS.



PREPARATION SUGGESTION

This is a delicious marinade for your favorite lamb and pork dishes. Marinate for 12 hours prior to cooking.

HERB MUSTARD MARINADE

PREP: 5 MINUTES

CONTAINER: 24-OUNCE TRITAN™ NUTRI NINJA® CUP

MAKES: 1 CUP

MAIN INGREDIENTS



2 lemons, peeled, cut in half, seeds removed



1/2 cup olive oil



1/4 cup whole-grain mustard



2 cloves garlic, peeled



1 teaspoon salt



1 teaspoon ground black pepper

CHOOSE ONE



3 tablespoons fresh rosemary, chopped

for a peppery, woody taste

OR



3 tablespoons fresh thyme, chopped

for a minty, warm flavor

DIRECTIONS

- 1 Place all ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
- 2 Select START/STOP until smooth, about 20 seconds.
- 3 Remove blades from cup after blending.



PREPARATION SUGGESTION

Loading the protein powder after the yogurt and juice will ensure the powder gets fully blended into your drink.

STRAWBERRY BANANA PROTEIN SHAKE

PREP: 5 MINUTES

CONTAINER: 24-OUNCE TRITAN™ NUTRI NINJA® CUP

MAKES: 2 (8-OUNCE) SERVINGS

MAIN INGREDIENTS



1 small ripe banana



1/3 cup nonfat Greek yogurt



2 scoops protein powder



3/4 cup frozen strawberries

CHOOSE ONE



3/4 cup orange juice
for a tart, sweet taste

OR



3/4 cup almond milk
for a nutty flavor

DIRECTIONS

- 1 Place all ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
- 2 Select Auto-iQ™ BOOST NO SMOOTHIE.
- 3 Remove blades from cup after blending.



SERVING SUGGESTION

Add some granola as a sweet, crunchy topping.

CHOCO NUT BUTTER PROTEIN SHAKE

PREP: 2 MINUTES

CONTAINER: 24-OUNCE TRITAN™ NUTRI NINJA® CUP

MAKES: 2 (10-OUNCE) SERVINGS

MAIN INGREDIENTS



3/4 cup kale,
stems removed



1 1/2 cups unsweetened
coconut milk



1 scoop chocolate
protein powder



1 medium frozen
ripe banana



3/4 cup ice

CHOOSE ONE



2 tablespoons
almond butter

for a rich, nutty taste

OR



2 tablespoons
peanut butter

for a sweet, peanuty flavor

DIRECTIONS

- 1** Place all ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
- 2** Select Auto-iQ™ BOOST YES SMOOTHIE.
- 3** Remove blades from cup after blending.



INGREDIENT SUGGESTION

Try substituting peppermint extract for the vanilla.

FUDGY ICE POPS

PREP: 15 MINUTES | **COOK:** 10 MINUTES | **FREEZE:** 8 HOURS

CONTAINER: 24-OUNCE TRITAN™ NUTRI NINJA® CUP

MAKES: 6 (3-OUNCE) SERVINGS

MAIN INGREDIENTS



1/4 cup heavy cream



1 bar (3.5 ounces) dark chocolate, chopped



1/4 cup sugar



1 teaspoon vanilla extract



1 tablespoon unsweetened cocoa powder



Pinch salt

CHOOSE ONE



1 cup whole milk
for a creamy, rich flavor

OR



1 cup almond milk
for a nutty flavor

DIRECTIONS

- 1 Place the whole milk (or almond milk), heavy cream, sugar, and cocoa powder into a saucepan over medium heat. Cook until sugar and cocoa powder are well combined and dissolved, about 10 minutes. Let cool.
- 2 Placed cooled milk mixture, chocolate, vanilla, and salt into the 24-ounce Tritan Nutri Ninja Cup and let sit for 5 minutes.
- 3 Select START/STOP until smooth. Remove blades from cup after blending.
- 4 Pour mixture into ice pop molds and freeze for 8 hours or overnight.

DO NOT BLEND HOT INGREDIENTS.



TROPICAL FRESH FRUIT ICE POPS

PREP: 5 MINUTES | **FREEZE:** 8 HOURS

CONTAINER: 24-OUNCE TRITAN™ NUTRI NINJA® CUP

MAKES: 4 ICE POPS

INGREDIENTS

- 1 cup mango chunks
- 2 cups pineapple chunks
- 2 tablespoons agave nectar

DIRECTIONS

- 1 Place all ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
- 2 Select START/STOP until smooth.
- 3 Remove blades from cup after blending.
- 4 Pour mixture into ice pop molds, and freeze for 8 hours or overnight.



MOCHA NINJACCINO™

PREP: 5 MINUTES

CONTAINER: 24-OUNCE TRITAN™ NUTRI NINJA® CUP

MAKES: 2 (8-OUNCE) SERVINGS

INGREDIENTS

- 1/2 cup plus 1 tablespoon double-strength brewed coffee, chilled
- 2 cups ice
- 1/4 cup 1% milk

- 1/4 cup chocolate syrup, plus more for garnish
- Whipped cream, for garnish

DIRECTIONS

- 1 Place all ingredients, except whipped cream, into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
- 2 Select Auto-iQ™ BOOST YES SMOOTHIE.
- 3 Remove blades from cup after blending.
- 4 Divide between 2 glasses, top with whipped cream, and drizzle with chocolate syrup.

DO NOT BLEND HOT INGREDIENTS.



FROZEN CAMPFIRE

PREP: 5 MINUTES

CONTAINER: 24-OUNCE TRITAN™ NUTRI NINJA® CUP

MAKES: 2 (8-OUNCE) SERVINGS

MAIN INGREDIENTS



1 cup 2% milk



3/4 cup graham cracker crumbs



1 1/2 cups chocolate frozen yogurt

CHOOSE ONE



1/2 cup marshmallow cream
for a sweet, vanilla flavor

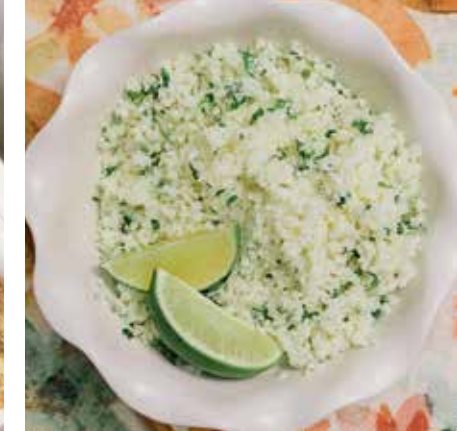
OR



2 tablespoons peanut butter and
1/2 cup marshmallow cream
for a nutty flavor

DIRECTIONS

- 1 Place all ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
- 2 Select Auto-iQ™ BOOST NO SMOOTHIE.
- 3 Remove blades from cup after blending.



FUSION





SERVING SUGGESTION

Enjoy with a Greek vinaigrette.

CHICKEN CHOPPED SALAD

PREP: 10 MINUTES

CONTAINER: NUTRI BOWL™

MAKES: 2 SERVINGS

MAIN INGREDIENTS



1/2 cup romaine lettuce, cut in 1 1/4-inch pieces



1/2 cup cooked chicken breast, cooled, cut in 1-inch pieces



1/2 cup cherry tomatoes



Dressing, for serving

CHOOSE ONE



1/4 cup feta cheese and 1/4 cup Kalamata olives for a Mediterranean flavor

OR



1/4 cup fresh basil, 1/4 cup mozzarella cheese, and 1 teaspoon salt for an Italian flair

DIRECTIONS

- 1 Place all ingredients, except dressing, into the Nutri Bowl in the order listed.
- 2 Select Auto-iQ™ BOOST NO FUSION CHOP.
- 3 Toss with your favorite salad dressing.

DO NOT BLEND HOT INGREDIENTS.



SERVING SUGGESTION

Serve this salad for lunch on some crunchy toast, or for dinner on a fresh bed of greens.

GRAPE & WALNUT CHICKEN SALAD

PREP: 5 MINUTES
CONTAINER: NUTRI BOWL™
MAKES: 3 SERVINGS

INGREDIENTS

- | | |
|--|----------------------------------|
| 1 celery stalk, cut in quarters | 1/4 teaspoon salt |
| 1 1/2 cups cooked chicken, cooled, cubed | 1/4 teaspoon ground black pepper |
| 3 tablespoons walnuts | 1/4 teaspoon onion powder |
| 1/3 cup mayonnaise | 1/4 cup red grapes |

DIRECTIONS

- 1 Place all ingredients into the Nutri Bowl in the order listed.
- 2 Select Auto-iQ™ BOOST NO FUSION CHOP.

DO NOT BLEND HOT INGREDIENTS.



BRUSSELS SPROUT SALAD

PREP: 10 MINUTES | **CHILL:** 1 HOUR
CONTAINER: NUTRI BOWL™, 24-OUNCE TRITAN™ NUTRI NINJA® CUP
MAKES: 6 SERVINGS

INGREDIENTS

- | | |
|---|----------------------------------|
| 1 cup Brussels sprouts, washed, trimmed, cut in half | 1/4 cup extra-virgin olive oil |
| 1 apple, cored, cut in 1 1/4-inch pieces | Salt and pepper, to taste |
| Zest and juice of 1 lemon | 1/2 cup chopped walnuts, toasted |
| 1 tablespoon plus 1 teaspoon unfiltered apple cider vinegar | |

DIRECTIONS

- 1 Place Brussels sprouts and apple into the Nutri Bowl.
- 2 Select Auto-iQ™ BOOST YES FUSION CHOP.
- 3 Transfer chopped Brussels sprouts and apple to a medium bowl.
- 4 Place lemon zest and juice, apple cider vinegar, olive oil, salt, and pepper into the 24-ounce Tritan Nutri Ninja Cup. PULSE to combine.
- 5 Pour dressing over salad and garnish with toasted walnuts. Toss well. Refrigerate 1 hour before serving.
- 6 Remove blades from cup after blending.

DO NOT BLEND HOT INGREDIENTS.

EXTRACTION | SALAD



BROCCOLI TOTS

PREP: 20 MINUTES | **COOK:** 30 MINUTES

CONTAINER: NUTRI BOWL™

MAKES: 24 TOTS

MAIN INGREDIENTS



2 1/2 cups broccoli, cut
in 1 1/4-inch florets



1/4 small onion, cut
in 1 1/4-inch pieces



1 large egg



2/3 cup panko
bread crumbs



1/4 teaspoon salt



1/4 teaspoon ground
black pepper

CHOOSE ONE



1/2 cup shredded
cheddar cheese
for a mild flavor

OR

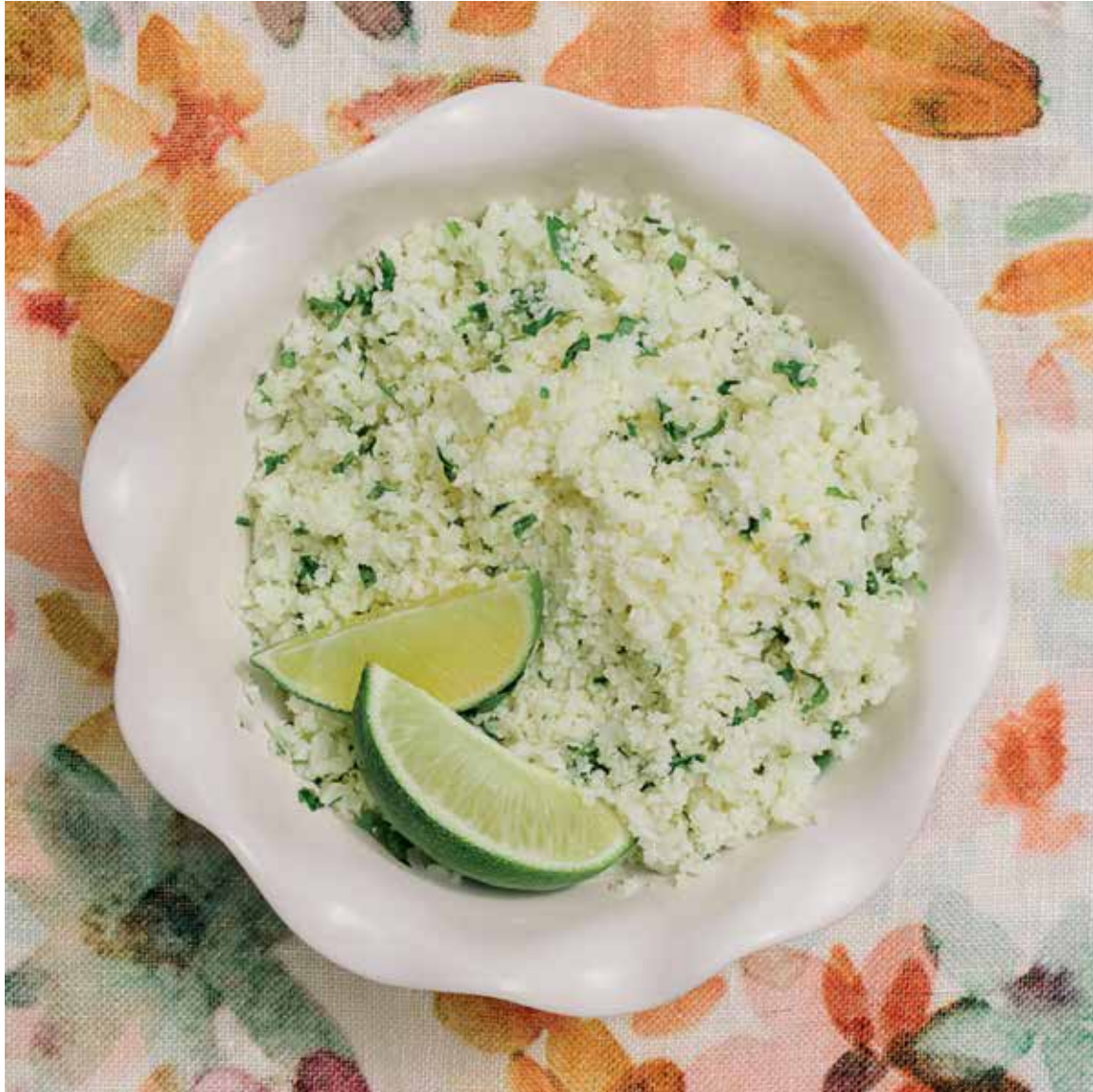


1/2 cup shredded
pepper jack cheese
for a spicy, peppery flavor.

DIRECTIONS

- 1 Preheat oven to 400°F. Line a baking pan with parchment paper and coat with cooking spray; set aside.
- 2 In a medium saucepan, bring 1 quart water to a boil. Blanch broccoli for 1 minute. Remove broccoli and immediately plunge into ice water. Drain well.
- 3 Place cooled broccoli and onion into the Nutri Bowl. Select Auto-iQ™ BOOST NO FUSION CHOP.
- 4 Transfer mixture into a medium mixing bowl. Add egg, cheese, bread crumbs, salt, and pepper and mix thoroughly.
- 5 Shape mixture into 24 cylinders about 3/4 inch wide by 1 inch long. Place on prepared baking pan and bake 25 minutes, or until tots are crispy, gently flipping halfway through.

DO NOT BLEND HOT INGREDIENTS.



CAULIFLOWER RICE

PREP: 5 MINUTES | **COOK:** 6 MINUTES

CONTAINER: NUTRI BOWL™

MAKES: 2 SERVINGS

MAIN INGREDIENTS



2 cups cauliflower, cut in 1-inch florets, divided



1 clove garlic, peeled



1 tablespoon olive oil



1 teaspoon kosher salt

CHOOSE ONE



1/4 cup cilantro and Juice of 1 lime

for a fresh, citrus flavor

OR

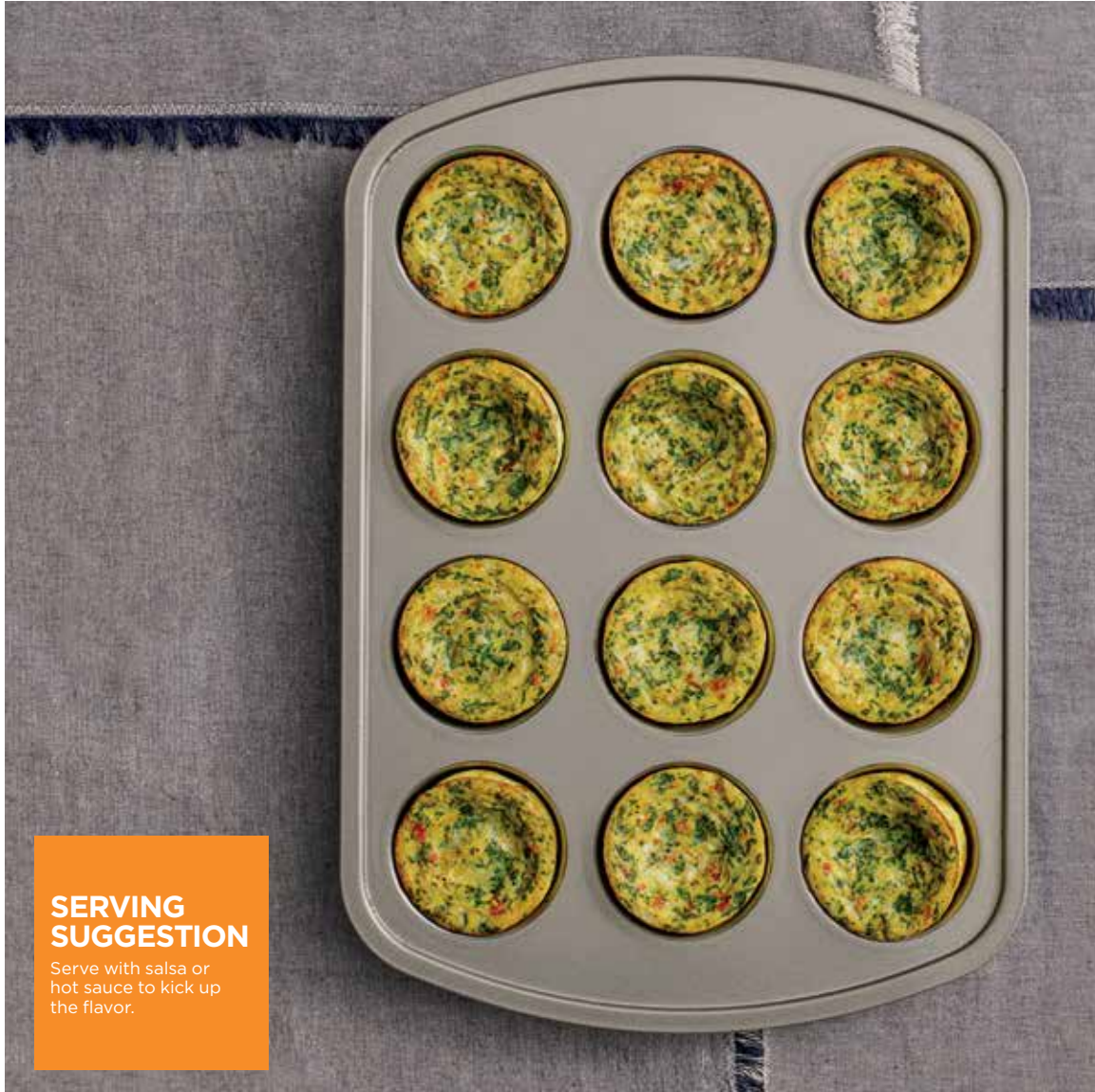


Pinch ground chipotle chile pepper and 1/4 teaspoon ground cumin

for a spicy, earthy flavor

DIRECTIONS

- 1 Place 1 cup cauliflower, cilantro (or chipotle chile pepper and cumin), and garlic into the Nutri Bowl. Add remaining cauliflower.
- 2 Select Auto-iQ™ BOOST NO FUSION CHOP.
- 3 Add olive oil to a medium sauté pan over medium-high heat. Allow oil to heat for 1 minute, then add cauliflower mixture and salt. Cook 5 minutes, or until cauliflower is tender, stirring occasionally.
- 4 Add lime juice (if using). Mix well before serving.



SERVING SUGGESTION

Serve with salsa or hot sauce to kick up the flavor.

EGG MUFFINS

PREP: 10 MINUTES | **COOK:** 23-25 MINUTES

CONTAINER: NUTRI BOWL™

MAKES: 12 EGG MUFFINS (6 SERVINGS)

MAIN INGREDIENTS



1/4 small onion



5 cherry tomatoes



7 large eggs



1/2 cup milk



3/4 teaspoon salt



3/4 teaspoon ground black pepper

CHOOSE ONE



3/4 cup baby spinach and 1/2 cup feta cheese for a Mediterranean flavor

OR



3/4 cup green peppers and 1/2 cup chopped ham for a western flair

DIRECTIONS

- 1 Preheat oven to 350°F. Lightly coat a 12-cup nonstick muffin pan with cooking spray.
- 2 Place spinach (or green peppers), feta (or ham), onion, and tomatoes into the Nutri Bowl. Select Auto-iQ™ BOOST YES FUSION CHOP.
- 3 In a medium mixing bowl, whisk the chopped mixture with eggs, milk, salt, and pepper.
- 4 Divide mixture evenly between muffin cups. Bake until knife inserted in center comes out clean, about 23 to 25 minutes.



AVOCADO TOAST

PREP: 8 MINUTES | **COOK:** 5 MINUTES

CONTAINER: NUTRI BOWL™

MAKES: 4 SERVINGS

INGREDIENTS

- 1 ripe avocado, pit removed, peeled
- 1 tablespoon Sriracha sauce
- 4 slices Whole wheat bread, toasted
- 4 slices cooked turkey bacon, chopped

DIRECTIONS

- 1 Place avocado and Sriracha into the Nutri Bowl.
- 2 Select Auto-iQ™ BOOST NO FUSION CHOP.
- 3 Top each slice of toasted bread with pureed avocado and chopped turkey bacon.



TACO NIGHT

PREP: 15 MINUTES | **COOK:** 6-8 MINUTES

CONTAINER: NUTRI BOWL™

MAKES: 8 SERVINGS

INGREDIENTS

- | | |
|--|---|
| 1/2 medium yellow onion, cut in 1 1/4-inch pieces | 8 hard taco shells |
| 1 pound uncooked boneless turkey breast, cut in 2-inch cubes | 1 cup shredded lettuce |
| 1 tablespoon canola oil | 1/2 cup shredded low-fat cheddar cheese |
| 2 tablespoons chili powder | 1/4 cup sliced jalapeño peppers |
| 2 teaspoons cumin | 1/3 cup cilantro |
| | Salsa, for serving |

DIRECTIONS

- 1 Place the onion and turkey into the Nutri Bowl. PULSE until finely ground.
- 2 Heat the oil in a medium skillet over medium heat. Sauté turkey mixture for 6 to 8 minutes, or until cooked through. Add chili powder and cumin; stir to combine.
- 3 Assemble each taco with cooked turkey, lettuce, cheese, jalapeño peppers, cilantro, and salsa.



MANGO COCONUT SMOOTHIE BOWL

PREP: 5 MINUTES
CONTAINER: NUTRI BOWL™
MAKES: 2 (8-OUNCE) SERVINGS

MAIN INGREDIENTS



1 1/2 cups frozen mango chunks



1 tablespoon lime juice



3/4 cup coconut milk

TOPPING IDEAS



coconut flakes



granola



macadamia nuts



blueberries



pineapple chunks

CHOOSE ONE



1/4-inch piece fresh ginger, peeled for a bold, sharp taste

OR



1/8 teaspoon ground cayenne pepper for a hotter, spicier taste

DIRECTIONS

- 1 Place all smoothie ingredients into the Nutri Bowl in the order listed.
- 2 Select Auto-iQ™ BOOST YES FUSION MIX.
- 3 Transfer to bowls and add desired toppings.



SERVING SUGGESTION
 Serve this delicious dessert in waffle-cone bowls for added fun.

BANANA SPLIT FROZEN TREAT

PREP: 4 MINUTES
CONTAINER: NUTRI BOWL™
MAKES: 3 (4-OUNCE) SERVINGS

INGREDIENTS

- 1/2 small frozen ripe banana, cut in quarters
- 1 1/4 cups frozen strawberries
- 1/4 cup walnut halves
- 1 tablespoon honey
- 1/2 cup light cream
- Whipped cream, for garnish
- Sprinkles, for garnish
- Cherries, for garnish

DIRECTIONS

- 1 Place all ingredients into the Nutri Bowl in the order listed.
- 2 Select Auto-iQ™ BOOST YES FUSION MIX.
- 3 Serve with whipped cream, sprinkles, and cherries.



COFFEE GRANITA

PREP: 5 MINUTES | **FREEZE:** 8 HOURS
CONTAINER: NUTRI BOWL™
MAKES: 4 (3-OUNCE) SERVINGS

INGREDIENTS

- 2 cups strong coffee
- 1/2 cup sugar
- 2 teaspoons vanilla extract

DIRECTIONS

- 1 Stir together coffee and sugar until sugar dissolves. Pour coffee mixture into an ice cube tray and freeze overnight or until solid.
- 2 Place 7 coffee ice cubes into the Nutri Bowl.
- 3 Select Auto-iQ™ BOOST NO FUSION MIX.



TROPICAL FROZEN TREAT

PREP: 2 MINUTES
CONTAINER: NUTRI BOWL™
MAKES: 2 (6-OUNCE) SERVINGS

INGREDIENTS

- 3/4 cup frozen pineapple chunks
- 3/4 cup frozen mango chunks
- 1 tablespoon lime juice
- 3/4 cup macadamia milk

DIRECTIONS

- 1 Place all ingredients into the Nutri Bowl in the order listed.
- 2 Select Auto-iQ™ BOOST YES FUSION MIX.



SERVING SUGGESTION

These are a great snack to take with you when you are on the go to keep you feeling full and satisfied.

ALMOND CHIA BITES

PREP: 15 MINUTES | **CHILL:** 1 HOUR

CONTAINER: NUTRI BOWL™

MAKES: 24 BITES

MAIN INGREDIENTS



1/2 cup almonds



1/2 cup dark chocolate chips



1 tablespoon coconut oil, melted



1/2 cup almond butter



1 tablespoon chia seed



1 cup old-fashioned rolled oats

CHOOSE ONE



6 Medjool dates, cut in half, pits removed for a rich, toffee flavor

OR



3 large dried figs for a mildly sweet taste

DIRECTIONS

- 1 Place all ingredients into the Nutri Bowl in the order listed.
- 2 Select Auto-iQ™ BOOST YES FUSION MIX.
- 3 Roll dough into 24 evenly sized bites, about 1 1/4 inches round. Refrigerate 1 hour before serving.



HOMEMADE GRANOLA BARS

PREP: 15 MINUTES | **CHILL:** 30 MINUTES

CONTAINER: NUTRI BOWL™

MAKES: 18 (1 1/2-INCH) BARS

MAIN INGREDIENTS



2 tablespoons
coconut oil, melted



1/4 cup honey



1 cup granola



1/2 cup crispy
rice cereal



1/2 cup shelled
pistachios



1/4 cup semisweet
chocolate chips

CHOOSE ONE



1/4 cup
dried cranberries
for a more tart taste

OR

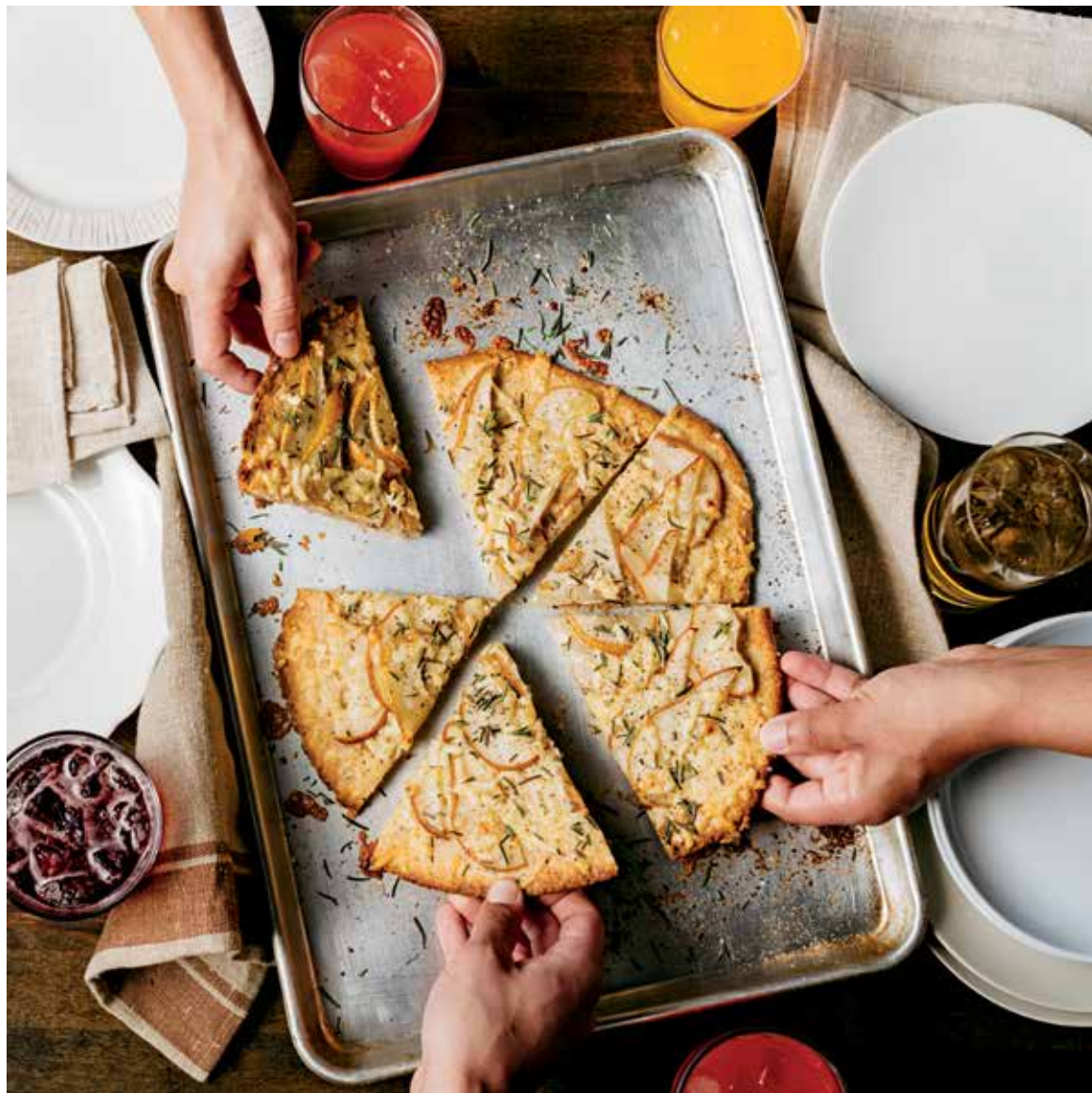


1/4 cup dried cherries
for a sweeter flavor

DIRECTIONS

- 1 Line an 8 x 8-inch baking dish with plastic wrap; set aside.
- 2 Place all ingredients into the Nutri Bowl in the order listed.
- 3 Select Auto-iQ™ BOOST NO FUSION MIX.
- 4 Spread mixture into prepared baking dish.
- 5 Cover mixture with plastic wrap and refrigerate for 30 minutes.
- 6 Cut in 1 1/2-inch squares before serving.

DO NOT BLEND HOT INGREDIENTS.



PEAR ROSEMARY FLATBREAD

PREP: 15 MINUTES | **RISE:** 1 HOUR | **COOK:** 10-15 MINUTES

CONTAINER: NUTRI BOWL™

MAKES: 4-6 SERVINGS

MAIN INGREDIENTS



2/3-3/4 cup warm water (110°F-115°F)



1 cup unbleached, all-purpose flour



1 packet (2 1/4 teaspoons) active dry yeast



1 1/4 cups Whole wheat flour



1 teaspoon salt



Cornmeal, for dusting



1 tablespoon sugar



1 large pear, thinly sliced



1/4 cup extra-virgin olive oil



2 tablespoons fresh rosemary, stems removed, minced

CHOOSE ONE



1/2 cup shredded Gruyère cheese

for a nutty, mellow flavor

OR

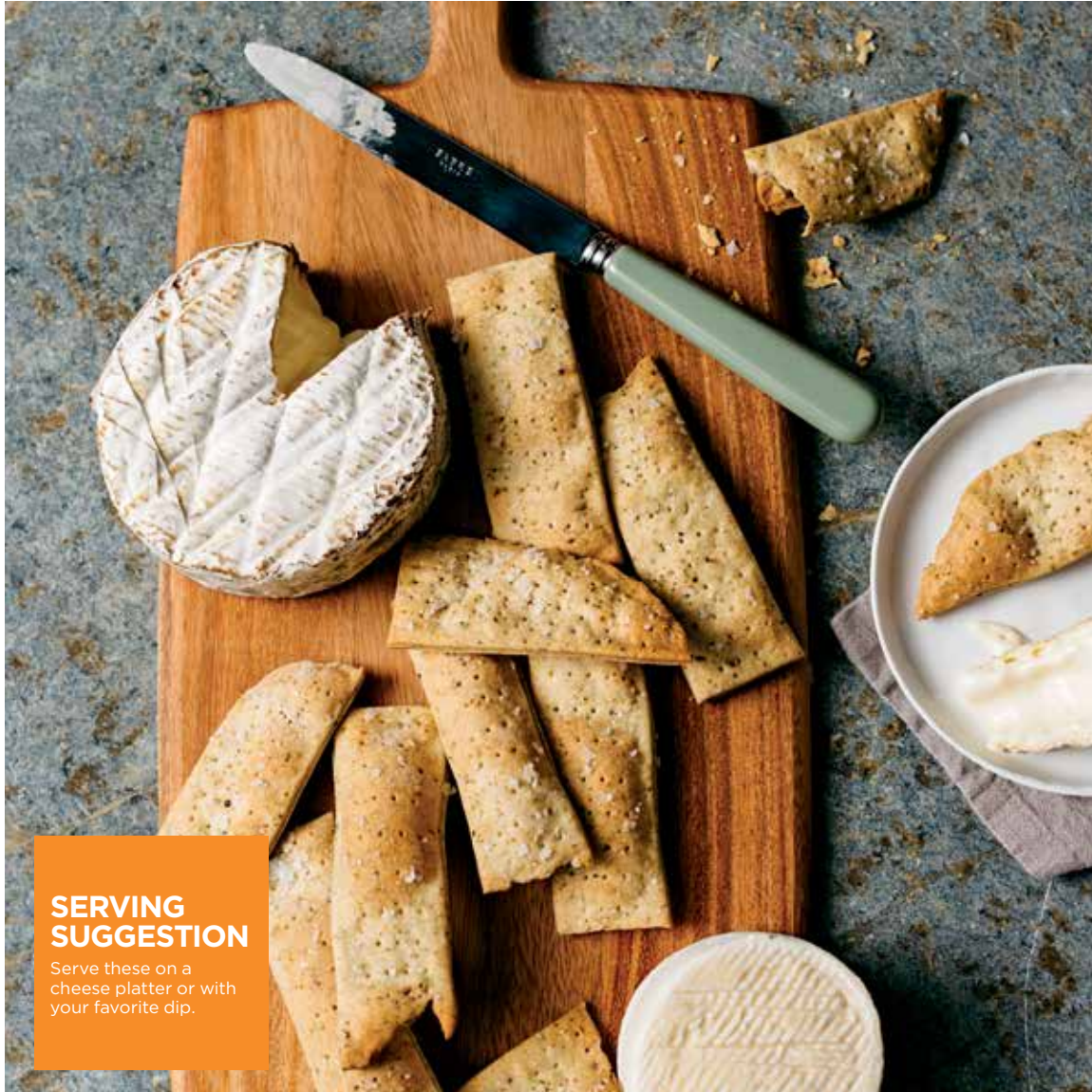


1/2 cup crumbled Gorgonzola cheese

for a creamy, earthy flavor

DIRECTIONS

- 1 Preheat oven to 450°F.
- 2 Position the Dough Blade Assembly in the Nutri Bowl, then add water, yeast, salt, and sugar; PULSE to combine.
- 3 Add oil and flours, and select Auto-iQ™ BOOST YES FUSION DOUGH until a loose ball forms. Transfer dough to a lightly oiled bowl and cover. Let rise for 1 hour.
- 4 Sprinkle a 10 x 15-inch baking sheet with cornmeal and roll out or press the dough into a thin round. Lay pear slices on top and sprinkle evenly with shredded cheese.
- 5 Bake 10 to 15 minutes, or until cheese has melted and crust is golden brown. Garnish with fresh rosemary.



SERVING SUGGESTION

Serve these on a cheese platter or with your favorite dip.

WHOLE WHEAT CRACKERS

PREP: 8 MINUTES | **COOK:** 14 MINUTES

CONTAINER: NUTRI BOWL™

MAKES: 8 SERVINGS

MAIN INGREDIENTS



1/2 cup all-purpose flour



1/2 cup whole wheat flour



1/2 teaspoon salt



1/2 teaspoon ground black pepper



2 tablespoons cold unsalted butter, cut in 1/2-inch pieces



1/3 cup water

CHOOSE ONE



1 teaspoon Italian seasoning

for a savory Italian flavor

OR



1 teaspoon fresh thyme

for a classic French flavor

DIRECTIONS

- 1 Preheat oven to 400°F.
- 2 Place all ingredients, except water, into the Nutri Bowl. PULSE until ingredients are combined and butter forms pea-sized pieces.
- 3 Select Auto-iQ™ BOOST YES FUSION DOUGH and while machine is running, drizzle in the water until a dough ball forms.
- 4 Turn the dough out onto a large piece of plastic wrap. Press it into a 1-inch thick disk. Wrap tightly in plastic wrap and refrigerate for 1 hour.
- 5 Place dough onto a lightly floured surface and roll into a rectangle, about 1/8-inch thick. Place the rolled dough onto an ungreased baking sheet. Prick dough with a fork and cut in desired cracker shapes.
- 6 Bake 14 minutes, or until light golden brown. Let cool completely.



SERVING SUGGESTION

Top these individual cheesecakes with fresh berries or chopped kiwi.

NO-BAKE MINI CHEESECAKES

PREP: 25 MINUTES | **CHILL:** 4 HOURS

CONTAINER: NUTRI BOWL™

MAKES: 12 SERVINGS

MAIN INGREDIENTS



1 sleeve (2 1/2 cups)
honey graham
crackers, chopped



1/4 cup light
brown sugar



1/4 cup
(4 tablespoons)
unsalted
butter, melted



1 package
(8 ounces) cream
cheese, softened



1/4 cup
granulated sugar



1/2 teaspoon
vanilla extract



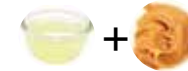
1 tub (8 ounces)
whipped topping,
thawed

CHOOSE ONE



1 teaspoon lemon juice
for a tart, citrus flavor

OR



1 teaspoon lemon juice and
1/4 cup peanut butter
for a nutty flavor

DIRECTIONS

- 1 Line a standard 12-cup muffin tin with paper or aluminum liners. Lightly coat the inside of liners with cooking spray. Set pan aside.
- 2 Place graham crackers, brown sugar, and butter into the Nutri Bowl.
- 3 Select Auto-iQ™ BOOST NO FUSION MIX.
- 4 Divide mixture evenly in the prepared muffin tin. Press on mixture until firmly packed. Set pan aside.
- 5 Place cream cheese, granulated sugar, lemon juice (or lemon juice and peanut butter), and vanilla into the Nutri Bowl.
- 6 Select Auto-iQ BOOST NO FUSION MIX. Remove lid and scrape down sides of bowl. Select START/STOP for 15 seconds, or until mixture is creamy and well combined.
- 7 Spoon cream cheese mixture into a bowl and gently fold in whipped topping until evenly incorporated.
- 8 Spoon cheesecake mixture into prepared muffin tins and spread to level it. Refrigerate at least 4 hours or overnight before serving.



CHOCOLATE CHIP COOKIES

PREP: 10 MINUTES | **COOK:** 10-12 MINUTES

CONTAINER: NUTRI BOWL™

MAKES: 20 COOKIES

MAIN INGREDIENTS



1 egg



1/2 teaspoon
vanilla extract



1/4 cup plus
2 tablespoons
granulated sugar



1 cup plus 2
tablespoons flour



1/4 cup plus
2 tablespoons
brown sugar



1/2 teaspoon
salt



1 stick unsalted
butter, cut in
pieces, softened



1/2 teaspoon
baking soda

CHOOSE ONE



1 cup chocolate chips
for a rich, sweet flavor

OR



1 cup chocolate chips and
1/2 cup chopped walnuts
for a nutty, sweet flavor

DIRECTIONS

- 1** Preheat oven to 375°F.
- 2** Position the Dough Blade Assembly in the Nutri Bowl, then add egg, sugars, butter, and vanilla. Select Auto-iQ™ BOOST NO FUSION DOUGH.
- 3** Add flour, salt, and baking soda to the Nutri Bowl. Select Auto-iQ BOOST YES FUSION DOUGH until just combined.
- 4** Transfer dough to a large mixing bowl. Stir in chocolate chips.
- 5** Scoop heaping teaspoons of dough onto an ungreased baking sheet, about 2 inches apart.
- 6** Bake 10 to 12 minutes, or until golden brown.



SERVING SUGGESTION

Enjoy atop a bowl of fresh berries for a quick and impressive dessert.

DARK CHOCOLATE CHIP MOUSSE

PREP: 5 MINUTES

CONTAINER: NUTRI BOWL™

MAKES: 3 CUPS (4-6 SERVINGS)

INGREDIENTS

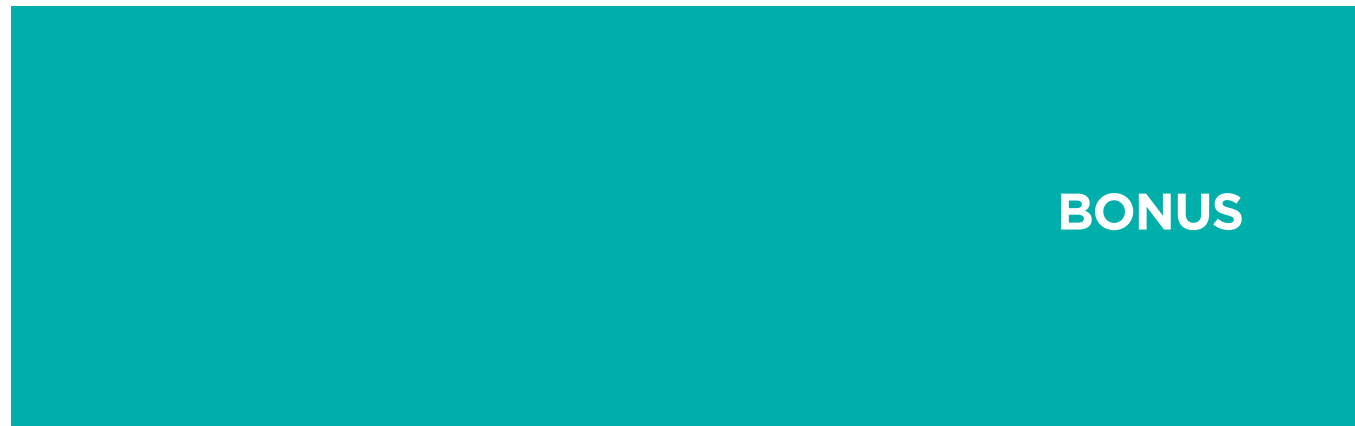
1 1/2 cups coconut cream, chilled

1/4 cup dark chocolate syrup

1/3 cup semisweet chocolate chips

DIRECTIONS

1. Place all ingredients into the Nutri Bowl in the order listed.
2. Select Auto-iQ™ BOOST NO FUSION MIX.





SUN-DRIED TOMATO SAUCE

PREP: 5 MINUTES | **COOK:** 20-25 MINUTES

CONTAINER: 24-OUNCE TRITAN™ NUTRI NINJA® CUP

MAKES: 2-4 SERVINGS

INGREDIENTS

1/2 onion, peeled,
cut in quarters

1/2 tablespoon canola oil

2 cloves garlic, peeled

1 can (14 ounces) whole
peeled tomatoes and juice

1 jar (3 ounces) sun-dried
tomatoes packed in olive oil

1/4 cup dry red wine

1/4 teaspoon red pepper flakes

1/4 cup fresh basil, chopped

Salt and pepper, to taste

DIRECTIONS

1 Place all ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.

2 Select START/STOP until desired consistency is reached.

3 Remove blades from cup after blending.

4 Place sauce into a medium saucepan and bring to a boil over medium heat. Reduce heat and simmer 20 to 25 minutes.

DO NOT BLEND HOT INGREDIENTS.



EVERYDAY VINAIGRETTE

PREP: 15 MINUTES

CONTAINER: 24-OUNCE TRITAN™ NUTRI NINJA® CUP

MAKES: 1 1/4 CUPS

INGREDIENTS

1/2 cup cilantro leaves

1/3 cup fresh flat-leaf
parsley leaves

2 tablespoons chives,
roughly chopped

1 clove garlic, peeled

1/4 teaspoon salt

1/4 teaspoon ground
black pepper

1 tablespoon Dijon mustard

1/4 cup apple cider vinegar

3/4 cup extra-virgin olive oil

DIRECTIONS

1 Place all ingredients, into the 24-ounce Tritan Nutri Ninja Cup in the order listed.

2 Select START/STOP until desired consistency is reached.



SUPREME GODDESS DRESSING

PREP: 15 MINUTES

CONTAINER: 24-OUNCE TRITAN™ NUTRI NINJA® CUP

MAKES: 2 CUPS

INGREDIENTS

1/3 cup rice wine vinegar
 3 garlic cloves, peeled
 1/4 cup Dijon mustard
 1/2 teaspoon kosher salt
 1/4 teaspoon ground black pepper
 1/4 cup light mayonnaise

1/2 cup fresh flat-leaf parsley leaves
 1/4 cup fresh tarragon
 1/4 cup fresh dill, stems removed
 2 scallions, ends trimmed, cut in 1-inch pieces
 1 cup nonfat cottage cheese
 1/2 cup extra-virgin olive oil

DIRECTIONS

- 1 Place all ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
- 2 Select START/STOP and blend for 20 seconds, or until desired consistency is reached.
- 3 Remove blades from cup after blending.



SERVING SUGGESTION

Serve this tasty sauce with grilled veggies and any type of meat. It can also be tossed in a pasta dish or used as a sandwich spread.

ROMESCO SAUCE

PREP: 15 MINUTES

CONTAINER: NUTRI BOWL™

MAKES: 2 CUPS

INGREDIENTS

1 red bell pepper, roasted, peeled, seeds removed
 1/4 cup dry-roasted almonds
 3-inch piece baguette, cut in 1-inch cubes
 1 clove garlic, peeled
 1 tablespoon drained capers
 2 anchovy fillets

1 tablespoon sherry vinegar
 Juice of 1/2 lemon
 1/2 teaspoon honey
 3 tablespoons olive oil
 1/2 teaspoon smoked paprika
 1/4 teaspoon red pepper flakes
 Salt and pepper, to taste

DIRECTIONS

- 1 Place all ingredients, except salt and pepper, into the Nutri Bowl in the order listed.
- 2 Select START/STOP until desired consistency is reached.
3. Add salt and pepper to taste.

DO NOT BLEND HOT INGREDIENTS.

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WHOLE, FRESH FOODS. A WHOLE LOT FASTER.

In today's go-go-go world, we're constantly trading fresh for fast. What if we told you we just married the two in perfect harmony, and even made it fun? Meet the Nutri Ninja® Nutri Bowl™ Duo™—a countertop sidekick that makes eating fresh a whole lot easier. It'll take you from breakfast to dinner with more fresh options than you can shake a celery stick at. Heck, it'll even help you whip up dessert. (We told you it was fun.)

You'll find a ton of inspiration in this book. The type of inspiration that'll lead to a fresh new take on every meal you make. Let's get started, shall we?

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