

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



NINJA
—
**DELICIOUS
MEETS DIY**
—
40 SIMPLE RECIPES



MEET THE ULTIMATE MMM-MEAL MAKER.

Whether you're short on time or inspiration (or both), cooking at home every day can be hard. That's why we created the Ninja® 4-in-1 Kitchen System™ with Auto-iQ Boost™. Technically it can chop, mince, grind, puree, spiralize, and blend. But food is about more than technicalities. All the components of your Ninja 4-in-1 Kitchen System work together to create meals that not only feel good, but taste good, too. Now that you've got all the tools in one place, it's time to turn those delicious ideas into scrumptious realities.



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SOUTHWEST
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THE POWER OF PREFERENCE.

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. Selecting BOOST YES or BOOST NO adds just the right amount of pulses and pauses to get the results you want from each recipe.



GET WITH THE PROGRAMS.

Here's a general overview of the one-touch settings on your Ninja® 4-in-1 Kitchen System™.

MIX

Get ready to make stacks of snacks. This program is a go-to for creating everything from granola bars to no-bake mini cheesecakes.

Works with:



CHOP

With this program, you'll mince, grind, and chop meal prep down to size. Not to mention make delicious salads and more.

Works with:



DOUGH

Feeling like cookies, pizza, bread, or crackers? This is the pre-set you're looking for. Add the dough blade and you're off to the races.

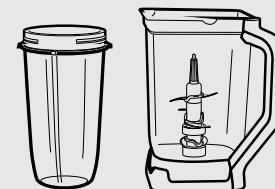
Works with:



FROZEN DRINK

Turns ice and other ingredients into delicious frozen drinks, cocktails, and icy treats (hello, ice pops.)

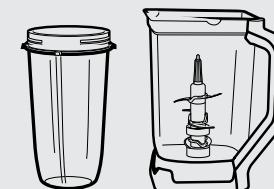
Works with:



SMOOTHIE

Use this for making super-smooth drinks from fresh or frozen fruit.

Works with:



EXTRACT

Breaks down leafy, fibrous ingredients (even skins, seeds, and stems) into delicious juices, smoothies, and protein shakes.

Works with:



THE MOST SIPPABLE DRINKS IN TOWN. RIGHT IN YOUR KITCHEN.

Compact Speed Blending gives you nutrient juices and smoothies that'll make any juice bar jealous. It unlocks the potential of every fruit and veggie it meets,* giving you tons of flavor and nutritious goodness in every recipe you make. The only question left is our glass or yours?



COMPACT SPEED BLENDER™

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



TO BOOST OR NOT TO BOOST?

toggling the Auto-iQ Boost™ button lets you choose the consistency of everything you make. Use this simple guide for the Auto-iQ® programs that work with recipes made in your Compact Speed Blender™ Cup.

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**.

FROZEN DRINK



Select **BOOST YES** for a more whipped consistency. If you prefer a slushy-like finish, select **BOOST NO**.

EXTRACT



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

TIPS FOR YOUR COMPACT SPEED BLENDER™ 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. Do not place frozen ingredients first in the cup.

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

CAUTION: Remove the Pro Extractor Blades Assembly from the Compact Speed Blender 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.



INGREDIENT SUGGESTION

Replace kale with
 $\frac{3}{4}$ cup spinach.

RISE & SHINE

PREP: 5 MINUTES

CONTAINER: 24-OUNCE COMPACT SPEED BLENDER™ CUP

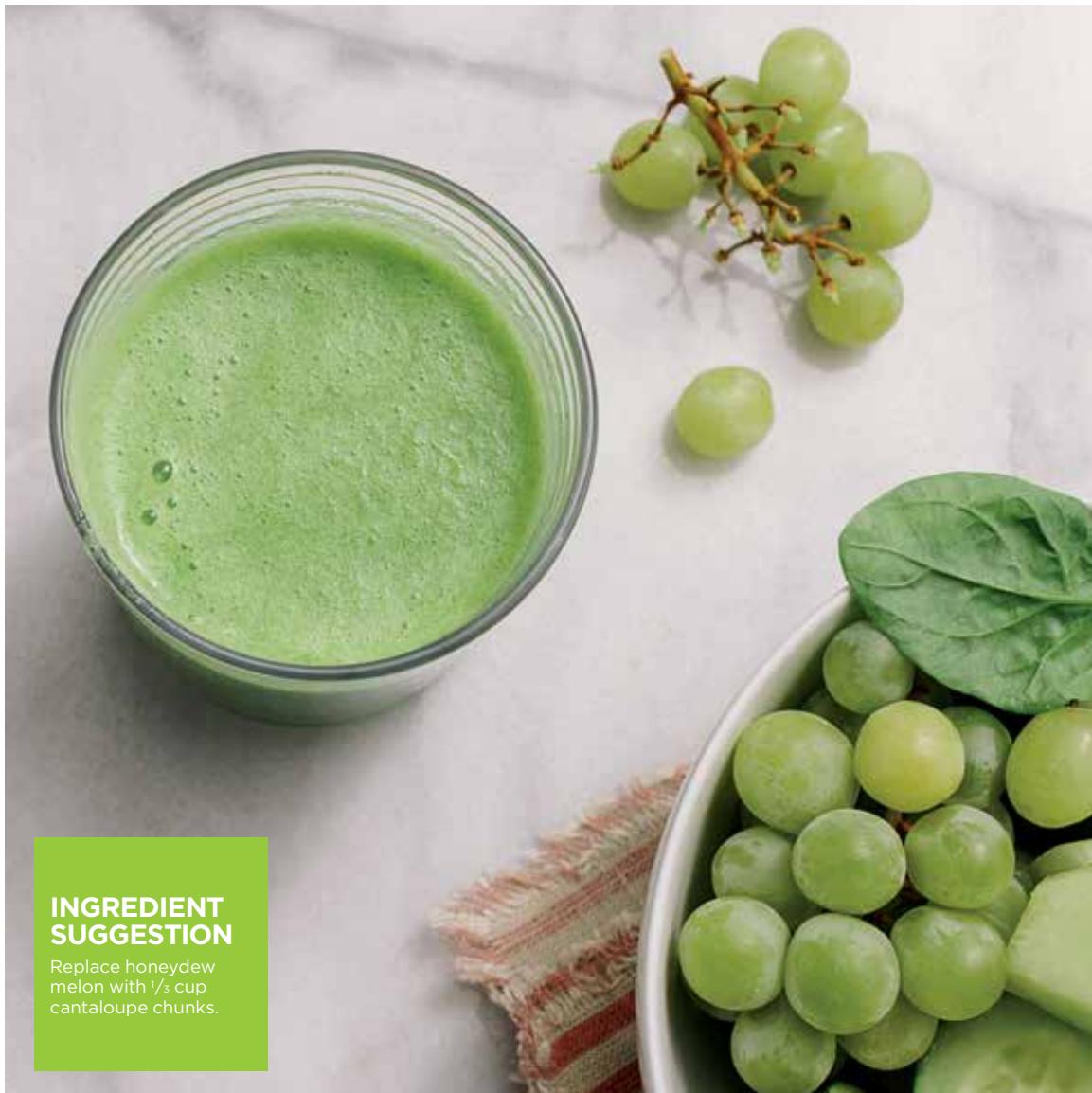
MAKES: 1 SERVING

INGREDIENTS

- $\frac{1}{2}$ Golden Delicious apple, peeled, cored, cut in half
- 2-inch piece English cucumber, cut in half
- $\frac{1}{2}$ cup green grapes
- 1 teaspoon hemp hearts
- $\frac{3}{4}$ cup kale leaves
- 4 mint leaves
- 1 teaspoon lemon juice
- $\frac{1}{2}$ cup coconut water
- $\frac{1}{2}$ cup ice

DIRECTIONS

- 1 Place all ingredients into the 24-ounce Compact Speed Blender Cup in the order listed.
- 2 Select Auto-iQ® BOOST YES EXTRACT.
- 3 Remove blades from cup after blending.



INGREDIENT SUGGESTION

Replace honeydew melon with $\frac{1}{3}$ cup cantaloupe chunks.

CUCUMBER QUENCH

PREP: 5 MINUTES

CONTAINER: 24-OUNCE COMPACT SPEED BLENDER™ CUP

MAKES: 1 SERVING

INGREDIENTS

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

1 cup green grapes

$\frac{1}{3}$ cup honeydew chunks

$\frac{1}{3}$ orange, peeled, seeds removed

$\frac{1}{3}$ cup baby spinach

$\frac{1}{3}$ cup water

$\frac{1}{3}$ cup ice

DIRECTIONS

- 1** Place all ingredients into the 24-ounce Compact Speed Blender Cup in the order listed.
- 2** Select Auto-iQ® BOOST YES EXTRACT.
- 3** Remove blades from cup after blending.



TRAIL MIX IN A GLASS

PREP: 5 MINUTES

CONTAINER: 24-OUNCE COMPACT SPEED BLENDER™ CUP

MAKES: 2 SERVINGS

INGREDIENTS

1/4 cup raw unsalted almonds

1/4 cup raw unsalted pumpkin seeds

1 tablespoon raw sesame seeds

1/4 cup goji berries

1/4 cup pomegranate juice concentrate

1 1/4 cups unsweetened almond milk

3 tablespoons honey

1 cup ice

DIRECTIONS

- 1** Place all ingredients into the 24-ounce Compact Speed Blender Cup in the order listed.
- 2** Select Auto-iQ® BOOST YES SMOOTHIE.
- 3** Remove blades from cup after blending.



PREPARATION SUGGESTION

Freeze fresh strawberries when they are perfectly ripe to enjoy a taste of summer long after the picking season.

ORANGE BLUSH

PREP: 5 MINUTES

CONTAINER: 24-OUNCE COMPACT SPEED BLENDER™ CUP

MAKES: 2 SERVINGS

INGREDIENTS

1/2 cup watermelon chunks

3/4 cup orange juice

1 cup frozen strawberries

1/2 cup ice

DIRECTIONS

- 1** Place all ingredients into the 24-ounce Compact Speed Blender Cup in the order listed.
- 2** Select Auto-iQ® BOOST NO SMOOTHIE.
- 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 COMPACT SPEED BLENDER™ CUP

MAKES: 2 SERVINGS

INGREDIENTS

- 1 small ripe banana
- 1/3 cup nonfat Greek yogurt
- 3/4 cup orange juice
- 2 scoops protein powder
- 3/4 cup frozen strawberries

DIRECTIONS

- 1 Place all ingredients into the 24-ounce Compact Speed Blender Cup in the order listed.
- 2 Select Auto-iQ® BOOST NO SMOOTHIE.
- 3 Remove blades from cup after blending.



INGREDIENT SUGGESTION

Replace honey with 3 tablespoons maple syrup.

MORNING BERRY

PREP: 5 MINUTES

CONTAINER: 24-OUNCE COMPACT SPEED BLENDER™ CUP

MAKES: 2 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 Compact Speed Blender Cup in the order listed.
- 2** Select Auto-iQ® BOOST YES EXTRACT.
- 3** Remove blades from cup after blending.



INGREDIENT SUGGESTION

Add 1/4 teaspoon
cinnamon

MOCHA NINJACCINO™

PREP: 5 MINUTES

CONTAINER: 24-OUNCE COMPACT SPEED BLENDER™ CUP

MAKES: 2 SERVINGS

INGREDIENTS

1/2 cup plus 1 tablespoon double-strength brewed
coffee, chilled

3 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 Compact Speed Blender 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.



MANGO PROTEIN SHAKE

PREP: 2 MINUTES

CONTAINER: 24-OUNCE COMPACT SPEED BLENDER™ CUP

MAKES: 2 SERVINGS

INGREDIENTS

- 1 1/4 cups 1% milk
- 2 scoops vanilla protein powder
- 2 cups frozen mango chunks

DIRECTIONS

- 1 Place all ingredients into the 24-ounce Compact Speed Blender Cup in the order listed.
- 2 Select Auto-iQ® BOOST NO SMOOTHIE.
- 3 Remove blades from cup after blending.



INGREDIENT SUGGESTION

Replace white grape juice with $\frac{3}{4}$ cup pomegranate juice.

VERY BERRY ICE POPS

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

CONTAINER: 24-OUNCE COMPACT SPEED BLENDER™ CUP

MAKES: 4 SERVINGS

INGREDIENTS

$\frac{3}{4}$ cup white grape juice
1 tablespoon lemon juice
2 tablespoons honey
1 cup frozen strawberries
1 cup frozen blueberries

DIRECTIONS

- 1 Place all ingredients into the 24-ounce Compact Speed Blender Cup in the order listed.
- 2 Select Auto-iQ® BOOST YES SMOOTHIE.
- 3 Remove blades from cup after blending.
- 4 Pour mixture into ice pop molds and freeze for 8 hours or overnight.



INGREDIENT SUGGESTION

Try substituting peppermint extract for the vanilla.

FUDGY ICE POPS

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

CONTAINER: 24-OUNCE COMPACT SPEED BLENDER™ CUP

MAKES: 6 SERVINGS

INGREDIENTS

1 cup whole milk
 $\frac{1}{4}$ cup heavy cream
 $\frac{1}{4}$ cup sugar
1 tablespoon unsweetened cocoa powder
1 bar (3.5 ounces) dark chocolate, chopped
1 teaspoon vanilla extract
Pinch salt

DIRECTIONS

- 1 Place the 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 Compact Speed Blender Cup and let sit for 5 minutes.
- 3 Select START/STOP until smooth.
- 4 Remove blades from cup after blending.
- 5 Pour mixture into ice pop molds and freeze for 8 hours or overnight.

DO NOT BLEND HOT INGREDIENTS.

SO MUCH MORE THAN MEAL PREP.

With Precision Processing, you're not just breaking ingredients down into smaller pieces.
You're bringing them together in ways you haven't thought of before.
From no-bake almond chia bites to full-on quinoa burgers, big mealtime
inspiration can come from a relatively small place.



PRECISION PROCESSOR™



TO BOOST OR NOT TO BOOST?

toggling the Auto-iQ Boost™ button lets you choose the consistency of everything you make. Use this simple guide for the Auto-iQ® programs that work with recipes made in your Precision Processor™.

MIX



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

CHOP



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

DOUGH



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

TIPS FOR YOUR PRECISION PROCESSOR™

LOADING TIPS

Don't overfill the 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 bowl first so they are at the bottom.

PREP TIPS

Cut all ingredients to 1 inch 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.

For smoothie bowls and frozen treats, use the following frozen-to-liquid ingredient ratio: 1.5 to 1.



SERVING SUGGESTION

Top this beautiful smoothie bowl with chopped coconut flakes, dried fruits, nuts, or granola as desired. Also great for dessert!

RASPBERRY BANANA SMOOTHIE BOWL

PREP: 5 MINUTES

CONTAINER: PRECISION PROCESSOR™ BOWL

MAKES: 3 SERVINGS

INGREDIENTS

1 cup frozen raspberries

2 frozen ripe bananas, cut in 1-inch pieces

1 cup almond milk

DIRECTIONS

1 Place all ingredients into the Precision Processor Bowl in the order listed.

2 Select START/STOP for 60 seconds.



SOUTHWEST SWEET POTATO SAVORY BOWL

PREP: 10 MINUTES | **COOK:** 10-15 MINUTES

CONTAINER: PRECISION PROCESSOR™ BOWL

MAKES: 2 SERVINGS

INGREDIENTS

- 2 small sweet potatoes
- 1/2 cup canned white beans, drained
- 1/4 cup vegetable broth, plus more if needed
- 1 tablespoon fresh lime juice
- 1/4 teaspoon ground cumin
- 1/2 teaspoon chili powder

TOPPINGS

- Roasted corn
- Cilantro
- Cotija cheese

DIRECTIONS

- 1 Pierce sweet potatoes all over with a fork. Microwave each, one at a time, for 5 to 7 minutes, or until softened. Let cool to room temperature. Cut in half and scoop out flesh.
- 2 Place cooled sweet potatoes, white beans, broth, lime juice, and spices into the Precision Processor Bowl.
- 3 Select Auto-iQ® BOOST YES MIX.
- 4 Garnish with desired toppings.

DO NOT BLEND HOT INGREDIENTS.



KALE CHICKEN CAESAR SALAD

PREP: 5 MINUTES

CONTAINER: PRECISION PROCESSOR™ BOWL

MAKES: 2 SERVINGS

INGREDIENTS

6 anchovies
1 clove garlic, peeled, smashed
1/4 cup plus 1/2 tablespoon lemon juice, divided
1 tablespoon Dijon mustard
1/3 cup grated Parmesan cheese, plus more for serving
1/2 cup extra virgin olive oil
1/4 teaspoon salt
1/4 teaspoon black pepper
1 1/2 cups grilled chicken, cooled, cut in 1-inch cubes
4 cups kale, shredded
Croutons, for serving

DIRECTIONS

- 1** Place anchovies, garlic, 1/4 cup lemon juice, mustard, Parmesan, olive oil, salt, and pepper into the Precision Processor Bowl.
- 2** Select Auto-iQ® BOOST NO MIX.
- 3** Add chicken to Precision Processor Bowl with dressing. Select Auto-iQ BOOST YES CHOP.
- 4** In a large bowl, massage kale with remaining 1/2 tablespoon lemon juice until greens soften and color becomes more vibrant.
- 5** Add chicken mixture to greens and toss to combine. Top with croutons and sprinkle with additional Parmesan.

DO NOT BLEND HOT INGREDIENTS.



RECIPE SUGGESTION

Add cooked chicken, shrimp, or tofu for a 20-minute one-pot meal.

CAULIFLOWER FRIED RICE

PREP: 10 MINUTES | **COOK:** 10 MINUTES

CONTAINER: PRECISION PROCESSOR™ BOWL

MAKES: 2 SERVINGS

INGREDIENTS

- 1 cup cauliflower florets
- 1 medium carrot, peeled, cut in 1-inch pieces
- 1-inch piece fresh ginger, peeled
- 2 tablespoons sesame oil
- 2 green onions, chopped
- 1/2 cup peas
- 2 tablespoons soy sauce
- 1/4 teaspoon black pepper

DIRECTIONS

- 1 Place cauliflower into the Precision Processor Bowl. Select Auto-iQ® BOOST NO CHOP. Transfer to a bowl; set aside.
- 2 Place carrot and ginger into the Precision Processor Bowl. Select Auto-iQ BOOST YES CHOP.
- 3 Add sesame oil to a medium sauté pan over medium-high heat. Allow pan to heat for 1 minute, then add cauliflower and carrot mixture. Cook for 5 minutes or until cauliflower is tender, stirring occasionally.
- 4 Add green onions, peas, soy sauce, and pepper. Cook for 2 minutes or until heated through.

DO NOT BLEND HOT INGREDIENTS.



INGREDIENT SUGGESTION

For a sweeter tomato sauce, skip the anchovies, rosemary, olives, and capers. Simply add 1/2 cup chopped basil to the finished sauce. Serve with a dollop of fresh ricotta instead of parmesan.

CHERRY TOMATO PUTTANESCA PASTA MIX-IN

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

CONTAINER: PRECISION PROCESSOR™ BOWL

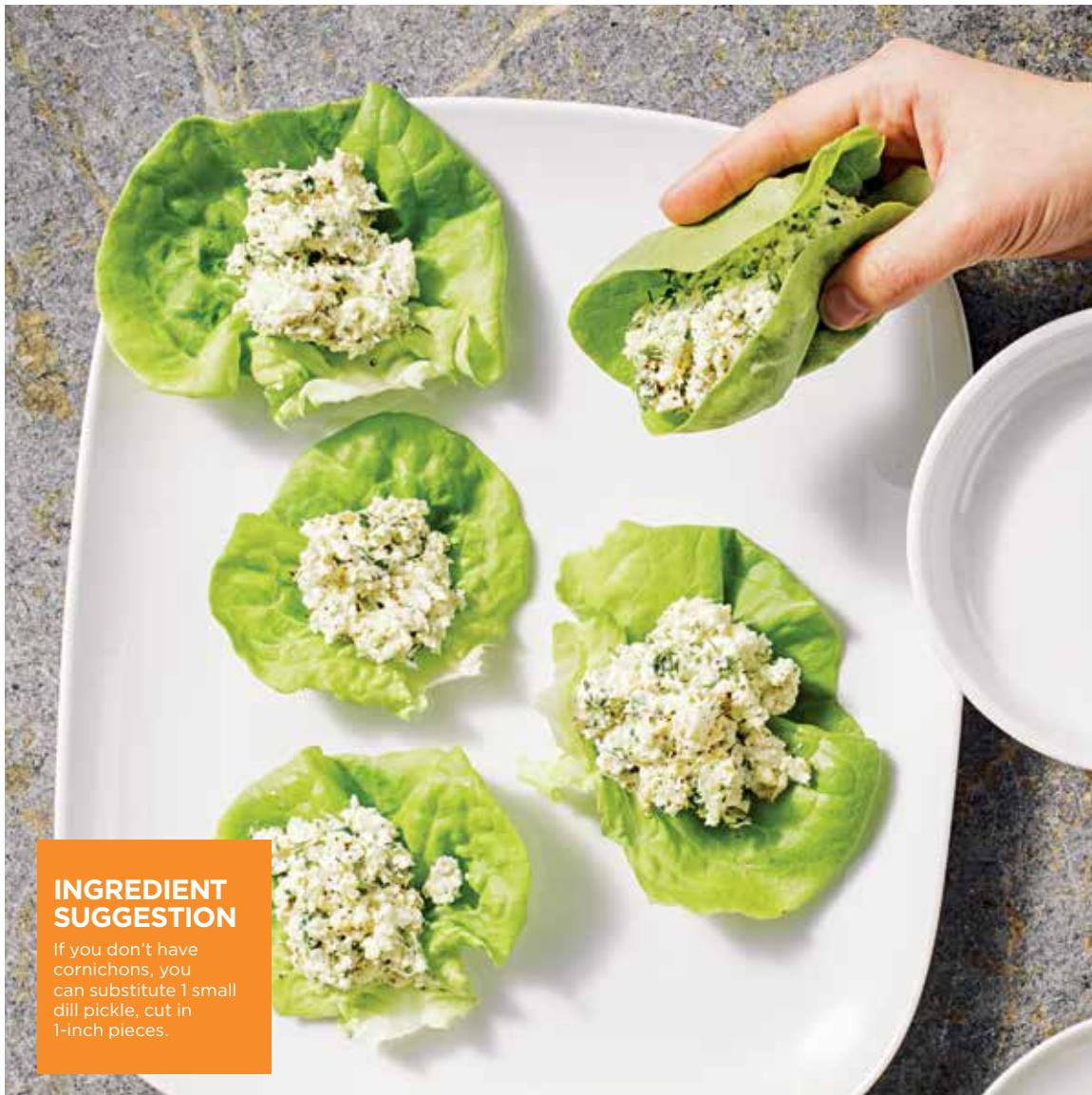
MAKES: 2 SERVINGS

INGREDIENTS

- 4 cloves garlic, peeled
- 1 1/2 pints medium cherry tomatoes (about 3 cups)
- 2 anchovies
- 1 small sprig rosemary, stems removed
- 3 tablespoons extra virgin olive oil
- 1/2 cup Castelvetrano olives, roughly chopped, pits removed
- 2 tablespoons capers
- Salt and pepper, to taste
- Cooked pasta, for serving (about 1/2 pound dry), reserve 1/2 cup pasta water
- Grated Parmesan cheese, for serving

DIRECTIONS

- 1 Place the garlic, tomatoes, anchovies, and rosemary into the Precision Processor Bowl.
- 2 Select Auto-iQ® BOOST YES CHOP.
- 3 Heat the oil in a medium saucepan over medium heat. Add the tomato mixture and simmer until reduced to a sauce-like consistency, about 20 minutes.
- 4 Stir in olives and capers in the last 5 minutes of cooking. Season with salt and pepper, to taste.
- 5 Toss sauce with pasta, using reserved hot pasta water to thin sauce as needed. Sprinkle with grated Parmesan.



INGREDIENT SUGGESTION

If you don't have cornichons, you can substitute 1 small dill pickle, cut in 1-inch pieces.

GREEN HERB EGG SALAD STUFF-IN

PREP: 5 MINUTES

CONTAINER: PRECISION PROCESSOR™ BOWL

MAKES: 6 LETTUCE CUPS

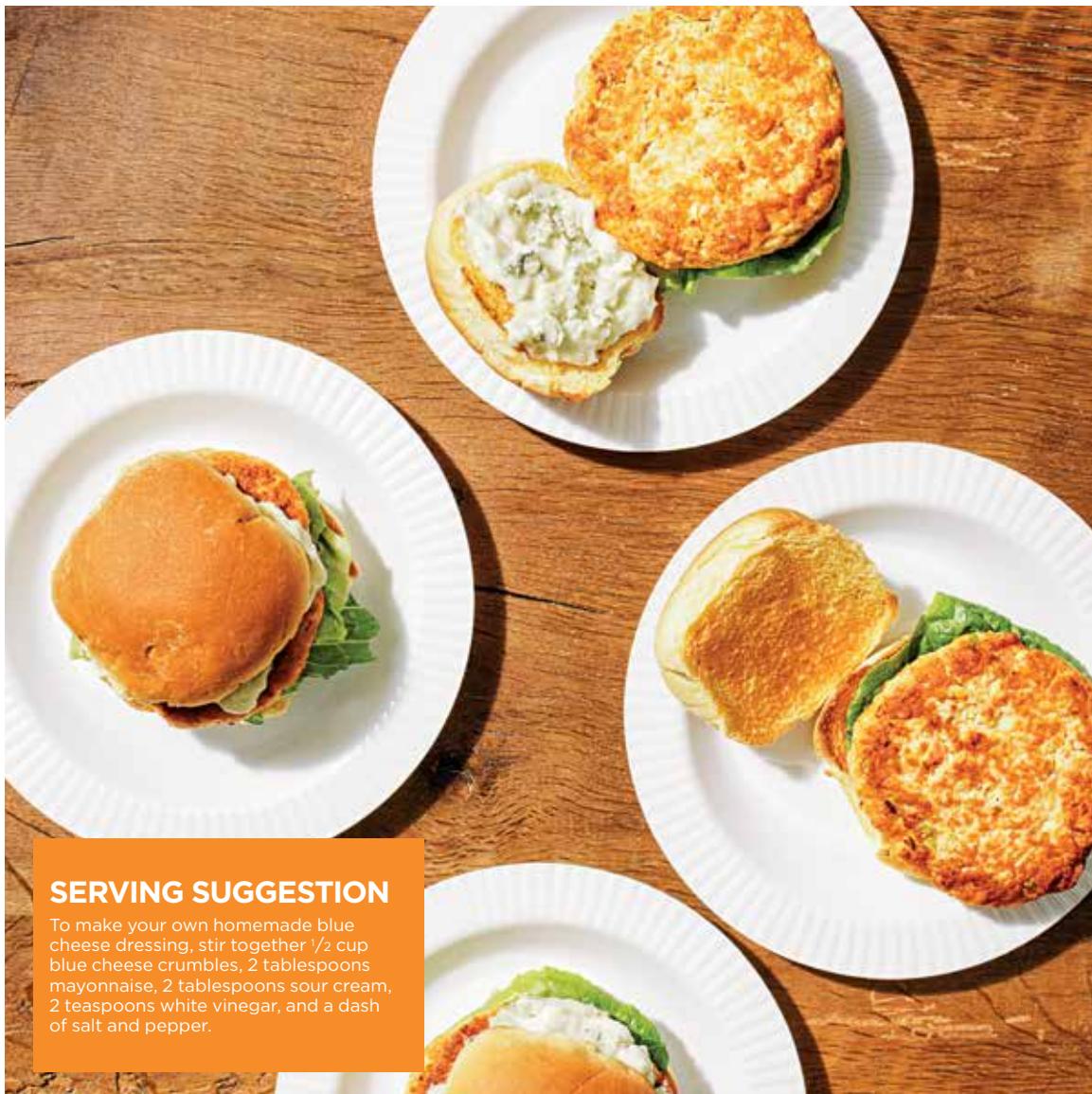
INGREDIENTS

5 hard-boiled eggs, cooled, peeled, cut in half
1 stalk celery, cut in 1/2-inch pieces
6 small cornichons, cut in half
1/4 cup fresh parsley
2 tablespoons fresh dill
2 tablespoons mayonnaise
1 teaspoon Dijon mustard
Salt and pepper, to taste
Lettuce cups, for serving

DIRECTIONS

- 1 Place all ingredients, except lettuce cups, into the Precision Processor Bowl in the order listed.
- 2 Select Auto-iQ® BOOST NO CHOP.
- 3 Season to taste. Serve in lettuce cups.

DO NOT BLEND HOT INGREDIENTS.



SERVING SUGGESTION

To make your own homemade blue cheese dressing, stir together 1/2 cup blue cheese crumbles, 2 tablespoons mayonnaise, 2 tablespoons sour cream, 2 teaspoons white vinegar, and a dash of salt and pepper.

BUFFALO CHICKEN BURGERS

PREP: 10 MINUTES | **COOK:** 10 MINUTES

CONTAINER: PRECISION PROCESSOR™ BOWL

MAKES: 4 BURGERS

INGREDIENTS

3/4 pound uncooked boneless skinless chicken breasts, cut in 1-inch pieces

1 small carrot, cut in 1-inch pieces (about 1/2 cup)

1 small stalk celery, cut in 1-inch pieces (about 1/2 cup)

1/4 cup crumbled blue cheese

1/4 cup cayenne pepper sauce, plus more for drizzling

1/4 cup bread crumbs

1 egg

2 tablespoons olive oil

8 tablespoons chunky blue cheese dressing, for serving

1 cup mixed greens or romaine lettuce, for serving

4 potato buns, toasted, for serving

DIRECTIONS

- 1 Place all ingredients, except olive oil and those for serving, into the Precision Processor Bowl in the order listed.
- 2 Select Auto-iQ® BOOST YES CHOP. Repeat two more times, or until thoroughly chopped.
- 3 Heat olive oil in a large skillet over medium-high heat. Form the meat mixture into 4 patties and place them into the skillet. Cook for 5 minutes per side, or until internal temperature reaches 165°F.
- 4 Serve burgers on buns. Top with blue cheese dressing, an extra drizzle of cayenne pepper sauce, and lettuce.



SERVING SUGGESTION

For a vegan cauliflower pizza, top with vegan cheese, tomato sauce, and your choice of vegetables.

MINI CAULIFLOWER PIZZAS

PREP: 20 MINUTES | **COOK:** 40 MINUTES | **COOL:** 15 MINUTES

CONTAINER: PRECISION PROCESSOR™ BOWL

MAKES: 4 MINI PIZZAS

INGREDIENTS

- 1/2 head cauliflower, cut in 1-inch florets
- 1 1/2 cups shredded mozzarella cheese, divided
- 1/3 cup shredded Parmesan cheese
- 1 large egg
- 3/4 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 1 cup pizza sauce

DIRECTIONS

- 1 Preheat oven to 350°F. Line a baking pan with a silicone baking mat or parchment paper and coat with cooking spray; set aside.
- 2 Working in batches, place cauliflower into the Precision Processor Bowl. Select Auto-iQ® BOOST YES CHOP.
- 3 Add cauliflower to a medium saucepan and cover with water. Cook over medium-high heat until cauliflower is tender, about 10 to 12 minutes. Drain and set aside to cool, about 15 minutes.
- 4 In a medium mixing bowl, combine cooled cauliflower, 1/2 cup mozzarella cheese, Parmesan, egg, Italian seasoning, salt, and garlic powder. Transfer mixture to baking pan and divide into 4 portions. Form circles by spreading and pressing mixture to resemble a crust.
- 5 Bake 25 minutes. Remove from oven and top with pizza sauce and remaining 1 cup of mozzarella cheese. Bake an additional 5 minutes or until cheese is bubbling.



MARGHERITA PIZZA

PREP: 15 MINUTES | **RISE:** 1 HOUR | **COOK:** 15-20 MINUTES

CONTAINER: PRECISION PROCESSOR™ BOWL

MAKES: 2 (10-INCH) PIZZAS

INGREDIENTS

DOUGH

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

1 1/2 teaspoons sugar

2/3 cup warm water

2 cups all-purpose flour

1/2 teaspoon salt

1/4 cup extra virgin olive oil

TOPPINGS

1/2 cup pizza sauce

2 cups fresh mozzarella, cut in 1/2-inch chunks

2 Roma tomatoes, thinly sliced

Salt and pepper, to taste

1/2 cup fresh basil leaves, for garnish

DIRECTIONS

- 1 To make the dough, combine the yeast, sugar, and warm water in a small bowl and set aside until foamy, about 5 minutes.
- 2 Position the Dough Blade Assembly in the Precision Processor Bowl, then add the flour, salt, olive oil, and yeast mixture.
- 3 Select Auto-iQ® BOOST YES DOUGH.
- 4 Place dough ball into a lightly oiled bowl and cover loosely with plastic wrap. Let rise in a warm place for 1 hour, or until double in size.
- 5 Once dough has risen, preheat oven to 400°F.
- 6 Cut dough ball in half. Roll out one half to desired thickness and place on a lightly oiled pan. Repeat with second dough ball.
- 7 Top each rolled-out dough with 1/4 cup pizza sauce, spreading out into a thin and even layer. Sprinkle each with mozzarella and then top with tomatoes. Sprinkle with salt and pepper to taste.
- 8 Bake 15 to 20 minutes, or until crust is golden brown and cooked through. Garnish with fresh basil.



SIMPLE SUGAR COOKIES

PREP: 10 MINUTES | **COOK:** 8-10 MINUTES

CONTAINER: PRECISION PROCESSOR™ BOWL

MAKES: 12 COOKIES

INGREDIENTS

- 1 egg
- 1 cup sugar, divided
- 1 stick (1/2 cup) salted butter, room temperature
- 1 teaspoon vanilla extract
- 1 cup all-purpose flour
- 1/2 teaspoon kosher salt

DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 Position the Dough Blade Assembly in the Precision Processor Bowl, then add the egg, 3/4 cup sugar, butter, and vanilla. Select Auto-iQ® BOOST NO DOUGH until just combined.
- 3 Scrape down sides of bowl with rubber spatula until butter mixture is on bottom of bowl. Add flour and salt. Select Auto-iQ BOOST YES DOUGH until just combined.
- 4 Transfer dough to a large bowl and form into 12 (1 1/2-inch) balls. Roll dough balls in remaining 1/4 cup sugar and place onto cookie sheet, about 2 inches apart. Press dough balls gently to flatten into 1/4-inch thick cookies.
- 5 Bake cookies 8 to 10 minutes, or until golden around the edges. Allow to cool completely before removing from cookie sheet.

OH, THE “PASTA”BILITIES.

Auto-Spiralizing takes “eating your fruits and veggies” to a whole new level. With minimal prep, the Auto-Spiralizer™ easily turns fruits and vegetables into noodles that are as pretty to look at as they are fun to eat—we’re talking slurping zucchini, nibbling apple rings, and crunching on curly fries. Whether you’re looking to increase your veggie intake or get creative in the kitchen, the Auto-Spiralizer has you covered.



AUTO-SPIRALIZER™



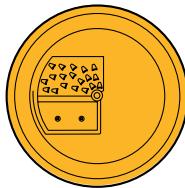
HOW TO: GET NOODLES WITH STYLE.

Trying out our recipes? Experimenting with your own? Use this guide for help choosing the best noodle style and corresponding Blade Disc* for your particular dish.

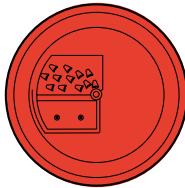


THIN

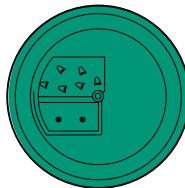
THICK



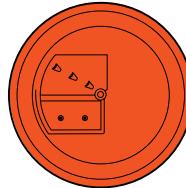
ANGEL HAIR
YELLOW DISC



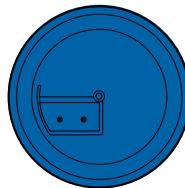
SPAGHETTI
RED DISC



FETTUCCINE
GREEN DISC



PAPPARDELLE
ORANGE DISC

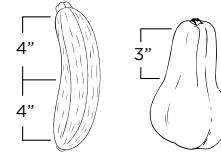


RIBBON
BLUE DISC

*Some Blade Discs might not be included with your unit. To see which Blade Discs come with your Ninja® 4-in-1 Kitchen System™, check the parts list on the top panel of your box. Additional Blade Discs can be purchased at ninjaaccessories.com

FOOD PREP & OTHER TIPS/TRICKS

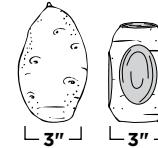
FOR BEST RESULTS, PREPARE YOUR INGREDIENTS BEFORE SPIRALIZING



Trim ingredients so they are no taller than the Feed Chute (4"). For butternut squash and potatoes, the max recommended height is 3".



Cut both ends off ingredient to create flat surfaces, helping to secure ingredient to both the Blade Disc pin and Food Pusher.



Cut ingredient so it is no more than 3" wide. Trim evenly from all sides to maintain a roughly cylindrical shape. **DO NOT** cut in half lengthwise.



Trim tapered ingredients like carrots to make them more symmetrical. Ingredients must be larger than 1.5" in diameter.



Peel ingredients with tough skin, like sweet potatoes or butternut squash.

WHEN SPIRALIZING

Having trouble getting long strands? Is it just shredding or creating semicircles?

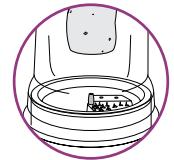
Make sure the food is centered on the Blade Disc pin.

Is ingredient not fully processing and just spinning on the pusher?

Remove remaining ingredient from Blade Disc pin and re-trim ends to be even.

Make sure you center your ingredient on the Blade Disc pin.

Can I spiralize continuously? No, make sure you remove the ingredients from the bowl and the small amount of leftover ingredient from your Blade Disc before spiralizing another ingredient.



PREPPING/COOKING

Why are my noodles broken and not long noodles? If the Collecting Bowl is overfilled, causing the Blade Disc to lift up after spiralizing, your ingredient may have been too large. Make sure to trim and prepare your ingredients properly before Spiralizing by following the instructions in the Food Prep section above.

Why are my noodles watery? To avoid watery noodles, pat them dry with a paper towel after spiralizing. You can also release excess water from the noodles by salting them and letting sit for 2 to 3 minutes.

CHOOSING YOUR FRUITS AND VEGETABLES

Cannot find a wide enough carrot? Look at carrots that are sold individually rather than in a bag.

Results will vary. No 2 fruits/vegetables are the same. For best results, be sure to select fresh, firm, and symmetrical ingredients.

THERE'S OODLES TO NOODLE.

Cooking veggie noodles is so quick and easy, you might start wondering if some of your favorite foods can be spiralized. You're in luck, because thanks to the Auto-Spiralizer™, they probably can. Use this guide to turn everything from carrots to broccoli stems (yes, really) into fun noodles.

INGREDIENT	PREP	BLADE	COOKING METHOD	COOK TIME
Apple	Stem and core removed	Angel Hair	Raw	N/A
		Spaghetti, Fettuccine	Sauté	4-6 minutes
		Pappardelle, Ribbon	Bake (375°)	8-10 minutes
Beet	Peeled, ends sliced off evenly	Angel Hair	Simmer	3-4 minutes
			Roast (425°)	6-8 minutes
		Spaghetti	Roast (425°)	8-10 minutes
Broccoli Stem	Florets removed, ends sliced off evenly	Angel Hair	Raw	N/A
		Spaghetti	Sauté	5-7 minutes
			Roast (375°)	5-7 minutes
Cucumber	Peeled (if desired), trimmed to 4" long, ends sliced off evenly	All blades	Raw	N/A

INGREDIENT	PREP	BLADE	COOKING METHOD	COOK TIME
Butternut Squash	Peeled, trimmed to 3" wide and 3" long, ends sliced off evenly	Angel Hair, Spaghetti	Sauté	4-6 minutes
		Fettuccine, Pappardelle	Roast (400°)	10-12 minutes
Carrot	Peeled, ends sliced off evenly	Angel Hair, Spaghetti	Sauté	5-7 minutes
			Simmer	3-5 minutes
			Roast (425°)	5-8 minutes
Daikon Radish	Peeled, ends sliced off evenly	Angel Hair	Simmer	2-3 minutes
		Spaghetti	Sauté	3-5 minutes
Onion	Peeled	Pappardelle, Ribbon	Sauté	3-4 minutes
		Ribbon	Deep Fry	3-5 minutes
Potato or Sweet Potato	Peeled (if desired), trimmed to 3" wide and 3" long, ends sliced off evenly	Angel Hair, Spaghetti	Sauté	5-7 minutes
		Spaghetti, Fettuccine	Roast (400°)	8-10 minutes
		Ribbon	Deep Fry	3-5 minutes
Turnip	Peeled, ends sliced off evenly	Angel Hair	Simmer	2-3 minutes
		Spaghetti	Roast (400°)	8 minutes
Zucchini	Peeled (if desired), trimmed to 4" long, ends sliced off evenly	All blades	Simmer	1-3 minutes
		All blades	Sauté	2-5 minutes



SPICED SWEET POTATO WAFFLE

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

CONTAINER: AUTO-SPIRALIZER™ | **BLADE DISC:** SPAGHETTI

MAKES: 4 WAFFLES

INGREDIENTS

2 medium sweet potatoes, peeled, cut into 3-inch cubes, ends sliced off evenly

1½ teaspoons pumpkin pie spice

½ teaspoon baking powder

2 tablespoons flour

1 teaspoon sugar

1 large egg, beaten

Maple syrup, for serving

2 ripe bananas, sliced, for serving

½ cup glazed pecans, for serving

DIRECTIONS

- 1 Preheat a waffle iron.
- 2 Position Spaghetti Blade onto assembled Collecting Bowl and assemble Feed Chute Lid. Place sweet potato into feed chute; secure on Blade Disc pin. Firmly secure pusher. Select START/STOP; process sweet potato. Transfer sweet potato noodles to a bowl. Repeat process with second sweet potato.
- 3 Place a large skillet over medium heat and coat with cooking spray. Add sweet potato noodles and cook, turning frequently, 6 to 8 minutes, or until noodles are softened.
- 4 Transfer noodles to a bowl and add pumpkin pie spice, baking powder, flour, and sugar. Mix thoroughly. Add egg and toss to combine.
- 5 Spray waffle iron with cooking spray and spoon in noodle mixture.
- 6 Cook waffles according to iron's settings. Serve with maple syrup, bananas, and glazed pecans.

TUSCAN EGG & PANCETTA FRITTATA

PREP: 10 MINUTES | **COOK:** 35-40 MINUTES

CONTAINER: AUTO-SPIRALIZER™ | **BLADE DISC:** FETTUCCINE

MAKES: 4 SERVINGS

INGREDIENTS

1 medium zucchini, trimmed to 4-inch length, ends sliced off evenly
2 tablespoons olive oil
1/2 cup pancetta (4 ounces), chopped
1/2 small onion, minced
1 small red bell pepper, cored, chopped
6 large eggs
1/2 cup Parmesan cheese, grated
1/4 teaspoon salt
1/4 teaspoon pepper
2 tablespoons fresh basil, thinly sliced

DIRECTIONS

- 1 Preheat oven to 375°F.
- 2 Position Fettuccine Blade onto assembled Collecting Bowl and assemble Feed Chute Lid. Place zucchini into feed chute; secure on Blade Disc pin. Firmly secure pusher. Select START/STOP; process zucchini. Transfer noodles to a colander and toss with pinch of salt to drain excess liquid.
- 3 Heat oil in a 10-inch nonstick oven-proof skillet over medium heat. Add pancetta and cook until crisp; transfer to a plate.
- 4 Place onion and red pepper into skillet. Cook until onions are softened, about 3 minutes. Add zucchini to skillet and cook for additional 1 to 2 minutes. Add pancetta back to skillet.
- 5 Whisk together eggs, Parmesan, salt, pepper, and basil in a small bowl.
- 6 Pour egg mixture over vegetables, distributing evenly. Cook for 2 minutes, or until eggs begin to set.
- 7 Place skillet into oven. Bake 20 to 25 minutes, or until a toothpick inserted in center comes out clean. Cut in 4 slices and serve with fresh tomatoes or green salad.

CRISPY ONION STRINGS WITH SPICY HORSERADISH AIOLI

PREP: 5 MINUTES | **COOK:** 12 MINUTES

CONTAINER: AUTO-SPIRALIZER™ | **BLADE DISC:** FETTUCCINE

MAKES: 4-6 SERVINGS

INGREDIENTS

SPICY HORSERADISH AIOLI

2 tablespoons prepared horseradish
3/4 cup mayonnaise
2 teaspoons sriracha, plus more if desired

ONION STRINGS

3/4 cup vegetable oil
2 small yellow onions, peeled
1/2 cup all-purpose flour
1 tablespoon cornstarch
1 teaspoon salt
1/2 teaspoon black pepper

DIRECTIONS

- 1 Place all aioli ingredients into a bowl and whisk until combined; set aside.
- 2 Heat oil to 365°F, or until shimmering, in a large deep skillet.
- 3 Position Fettuccine Blade onto assembled Collecting Bowl and assemble Feed Chute Lid. Place onion into feed chute; secure on Blade Disc pin. Firmly secure pusher. Select START/STOP; process onion. Transfer onion strings to a bowl. Repeat process with second onion.
- 4 Toss onion strings with flour and cornstarch, making sure to evenly coat. Shake off any excess flour mixture. Place coated onion strings into hot oil in batches. Cook until golden brown, about 3 to 4 minutes.
- 5 Remove onion strings from pan and drain on paper towels. Season with salt and pepper and serve with Spicy Horseradish Aioli.

SERVING SUGGESTION

Use as a topping on your favorite salad or soup.



ROASTED BEET SALAD

PREP: 7 MINUTES | **COOK:** 20 MINUTES

CONTAINER: AUTO-SPIRALIZER™ | **BLADE DISC:** SPAGHETTI

MAKES: 3-4 SERVINGS

INGREDIENTS

DRESSING

- 1 tablespoons sherry wine vinegar
- 2 tablespoons orange juice
- 1 teaspoon minced shallots
- 1/4 teaspoon sugar
- 6 tablespoons extra virgin olive oil
- Salt and pepper, to taste

SALAD

- 3 medium red or yellow beets, peeled, trimmed
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3 cups arugula
- 1/2 small red onion, peeled, thinly sliced
- 2 large navel oranges, peeled, sliced, pith removed
- 1 container (4 ounces) crumbled goat cheese
- 1/4 cup walnuts, roughly chopped

DIRECTIONS

- 1 Preheat oven to 400°F.
- 2 Place all dressing ingredients into a bowl and whisk until combined; set aside.
- 3 Position Spaghetti Blade onto assembled Collecting Bowl and assemble Feed Chute Lid. Place beet into feed chute; secure on Blade Disc pin. Firmly secure pusher. Select START/STOP; process beet. Transfer beet noodles to a bowl. Repeat process with second and third beets.
- 4 Toss beet noodles with olive oil, salt, and pepper. Spread evenly on a sheet pan. Bake 8 to 10 minutes, stirring halfway through. Remove from oven and set aside.
- 5 Toss arugula and red onion in a bowl with 2 tablespoons dressing. Toss beets in a separate bowl with 1 tablespoon dressing.
- 6 Arrange greens on plates. Top with beets, oranges, goat cheese, and walnuts. Drizzle with remaining dressing.



CURRIED BROCCOLI CARROT SLAW

PREP: 20 MINUTES

CONTAINER: AUTO-SPIRALIZER™ | **BLADE DISC:** SPAGHETTI

MAKES: 3-4 SERVINGS

INGREDIENTS

DRESSING

- ¾ cup plain Greek yogurt
- 1 tablespoon white wine vinegar
- 1 tablespoon orange juice
- 1 teaspoon curry powder
- 1 teaspoon salt
- 1 teaspoon ground black pepper

SLAW

- 2 large broccoli stalks, trimmed, outer layer peeled
- 2 large carrots, peeled
- ½ small red cabbage, thinly sliced
- ¼ red onion, peeled, chopped
- ½ cup golden raisins
- ¼ cup blanched sliced almonds
- 2 tablespoons fresh flat-leaf parsley, minced

DIRECTIONS

- 1 Place all dressing ingredients into a bowl and whisk until combined; set aside.
- 2 Position Spaghetti Blade onto assembled Collecting Bowl and assemble Feed Chute Lid. Place broccoli stalk into feed chute; secure on Blade Disc pin. Firmly secure pusher. Select START/STOP; process broccoli stalk. Transfer broccoli noodles to a bowl. Repeat process with second broccoli stalk and 2 carrots.
- 3 Place broccoli noodles, carrot noodles, and cabbage into a large mixing bowl. Add dressing and toss to combine.
- 4 Toss with onion, raisins, almonds, and parsley before serving.



ZUCCHINI SPAGHETTI WITH BASIL PESTO & SWEET PEAS

PREP: 15 MINUTES | **COOK:** 5 MINUTES

CONTAINER: AUTO-SPIRALIZER™, PRECISION PROCESSOR™ BOWL | **BLADE DISC:** SPAGHETTI

MAKES: 3-4 SERVINGS

INGREDIENTS

ZUCCHINI SPAGHETTI

3 medium zucchini, trimmed to 4-inch length, ends sliced off evenly

Pinch salt

1 tablespoon olive oil

1 cup frozen sweet peas, thawed

1 cup grape tomatoes, sliced in half

6 fresh basil leaves, for garnish

PESTO

3 cups fresh basil leaves

2 cloves garlic

1/3 cup pine nuts

1/4 cup freshly grated Parmesan cheese

1/2 teaspoon salt

1/4 teaspoon ground black pepper

1/2 cup olive oil

DIRECTIONS

1 Position Spaghetti Blade onto assembled Collecting Bowl and assemble Feed Chute Lid. Place zucchini into feed chute; secure on Blade Disc pin. Firmly secure pusher. Select START/STOP; process zucchini. Transfer zucchini noodles to a bowl. Repeat process with second and third zucchini.

2 Remove Spiralizer from base; replace with Precision Processor Bowl. Place all pesto ingredients, except olive oil, into the Precision Processor Bowl. PULSE until coarsely chopped. Add olive oil and select START/STOP until smooth. Set aside.

3 Heat 1 tablespoon olive oil in a 12-inch nonstick skillet over medium-high heat. Add zucchini noodles and cook 2 to 3 minutes, or until just tender, stirring gently.

4 Add pesto, peas, and tomatoes and cook until just heated, about 1 minute. Garnish with fresh basil leaves.

DO NOT BLEND HOT INGREDIENTS.



BUTTERNUT SQUASH MAC 'N' CHEESE

PREP: 15 MINUTES | **COOK:** 40-45 MINUTES

CONTAINER: AUTO-SPIRALIZER™ | **BLADE DISC:** SPAGHETTI

MAKES: 4-6 SERVINGS

INGREDIENTS

- 1 medium butternut squash, peeled, bulb end removed, cut into 3-inch cubes, ends sliced off evenly
- 3 tablespoons olive oil, divided
- 1 small clove garlic, minced
- $\frac{3}{4}$ cup panko bread crumbs
- 1 tablespoon fresh thyme, finely chopped
- $\frac{1}{4}$ cup Parmesan cheese, grated
- $\frac{1}{4}$ cup unsalted butter
- 3 tablespoons all-purpose flour
- 1 cup whole milk
- 1 $\frac{1}{2}$ cups half & half
- $\frac{1}{2}$ teaspoon dry mustard
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon ground black pepper
- 1 $\frac{1}{2}$ cups Gruyère cheese, grated
- 1 cup extra-sharp cheddar cheese, grated

DIRECTIONS

- 1 Preheat oven to 375°F.
- 2 Position Spaghetti Blade onto assembled Collecting Bowl and assemble Feed Chute Lid. Place butternut squash into feed chute; secure on Blade Disc pin. Firmly secure pusher. Select START/STOP; process butternut squash.
- 3 Place the butternut squash noodles on a large baking sheet and drizzle with 1 tablespoon olive oil. Gently toss to coat. Bake 5 to 7 minutes.
- 4 Heat 2 tablespoons olive oil in small skillet. Sauté garlic for 2 to 3 minutes. Add bread crumbs and thyme. Cook, stirring constantly, until crumbs are golden brown. Transfer to a bowl and add Parmesan.
- 5 Melt butter in a saucepan over medium-high heat. Whisk in flour and cook 2 minutes, stirring constantly. Whisk in milk, half & half, mustard, salt, and pepper and bring to a boil. Reduce heat to medium and simmer 3 to 4 minutes, whisking frequently, until thick and smooth.
- 6 Remove mixture from heat and add Gruyère and cheddar. Stir until melted. Stir sauce with butternut noodles and pour into a 3-quart baking dish. Top with the bread crumb topping.
- 7 Bake 25 to 30 minutes, or until bubbly and browned on top.



SHRIMP SCAMPI WITH ZUCCHINI NOODLES

PREP: 10 MINUTES | **COOK:** 15 MINUTES

CONTAINER: AUTO-SPIRALIZER™ | **BLADE DISC:** FETTUCCINE

MAKES: 4 SERVINGS

INGREDIENTS

- 3 medium zucchini, trimmed to 4-inch length, ends sliced off evenly
- 3 tablespoons extra virgin olive oil, divided
- 2 shallots, minced
- 1 clove garlic, minced
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{1}{2}$ teaspoon pepper
- $\frac{3}{4}$ pound raw shrimp, peeled, deveined, tails removed
- $\frac{1}{2}$ cup dry white wine
- Juice of 1 lemon
- $\frac{1}{2}$ cup fresh flat-leaf parsley, chopped
- 2 tablespoons unsalted butter
- Salt and pepper, to taste

DIRECTIONS

- 1** Position Fettuccine Blade onto assembled Collecting Bowl and assemble Feed Chute Lid. Place zucchini into feed chute; secure on Blade Disc pin. Firmly secure pusher. Select START/STOP; process zucchini. Transfer zucchini noodles to a bowl. Repeat process with second and third zucchini.
- 2** In a large skillet, heat 1 tablespoon olive oil over medium heat. Add zucchini noodles and sauté 2 to 3 minutes, or until just tender. Transfer zucchini noodles to a bowl and set aside.
- 3** Add 2 tablespoons olive oil to the same skillet over medium-high heat. Add shallots, garlic, salt, and pepper. Sauté 1 minute. Add shrimp and cook 3 to 4 minutes, or until pink.
- 4** Add wine to skillet and bring to a simmer. Cook until reduced by half, 1 to 2 minutes. Add lemon juice, parsley, and butter and stir to incorporate. Add zucchini and carefully combine with sauce to heat through. Season with salt and pepper to taste. Serve warm.



SIMPLE CHICKEN ZOODLE SOUP

PREP: 10 MINUTES | **COOK:** 15 TO 20 MINUTES

CONTAINER: AUTO-SPIRALIZER™ | **BLADE DISC:** SPAGHETTI

MAKES: 4 SERVINGS

INGREDIENTS

- 2 large carrots, peeled
- 1 small zucchini, trimmed to 4-inch length, ends sliced off evenly
- 2 tablespoons olive oil, divided
- Salt and pepper, to taste
- ½ pound uncooked chicken breast tenders, diced
- 1 clove garlic, peeled, minced
- 2 celery stalks, chopped
- 1 small onion, peeled, chopped
- 5 cups low-sodium chicken broth
- 1 teaspoon fresh thyme, chopped
- 2 bay leaves
- 2 tablespoons fresh parsley leaves, chopped

DIRECTIONS

- 1 Position the Spaghetti Blade onto assembled Collecting Bowl and assemble Feed Chute Lid. Place carrot into feed chute; secure on Blade Disc pin. Firmly secure pusher. Select START/STOP; process carrot. Remove all food from Ninja Spiralizer and set aside. Repeat with second carrot and zucchini. Place carrot and zucchini in separate bowls.
- 2 Heat 1 tablespoon olive oil in a medium stockpot over medium heat. Season chicken with salt and pepper and add to pot. Cook 3 minutes, or until golden. Remove chicken from pot and set aside.
- 3 Add remaining olive oil, garlic, celery, and onion to pot. Cook 2 to 3 minutes, stirring occasionally.
- 4 Add broth, thyme, and bay leaves to pot. Turn up heat and bring to a boil. Add chicken and carrot noodles. Reduce heat back to medium and simmer 5 to 7 minutes, or until vegetables are tender.
- 5 Add zucchini noodles to pot and simmer soup for additional 2 minutes, or until zucchini is tender. Stir in fresh parsley.



CHOCOLATE CHIP ZUCCHINI BREAD

PREP: 15 MINUTES | **COOK:** 50 MINUTES

CONTAINER: AUTO-SPIRALIZER™ | **BLADE DISC:** SPAGHETTI

MAKES: 1 LOAF

INGREDIENTS

- 1 medium zucchini, trimmed to 4-inch length, ends sliced off evenly
- 2 ³/₄ cups all-purpose flour
- 1/2 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 3 eggs
- 1 1/2 cups granulated sugar
- 1 cup vegetable oil
- 2 teaspoons vanilla extract
- 1 cup semisweet chocolate chips
- 1 cup chopped walnuts
- 1 tablespoon orange zest

DIRECTIONS

- 1 Preheat oven to 350°F. Grease a 9x5-inch loaf pan.
- 2 Position Spaghetti Blade onto assembled Collecting Bowl and assemble Feed Chute Lid. Place zucchini into feed chute; secure on Blade Disc pin. Firmly secure pusher. Select START/STOP; process zucchini. Wrap noodles in paper towels and squeeze out excess moisture. Set aside.
- 3 Combine flour, baking powder, baking soda, salt, cinnamon, and nutmeg in a bowl. Set aside.
- 4 In a large bowl, beat eggs with a whisk. Add sugar and continue beating until well blended. Stir in oil, vanilla, zucchini noodles, chocolate chips, walnuts, and orange zest. Stir in flour mixture. Pour into prepared loaf pan.
- 5 Bake 50 minutes, or until a knife inserted in center comes out clean. Remove loaf from pan and let cool before serving.

CRUSHING IT HAS NEVER BEEN EASIER.

Ice, whole fruits, vegetables. Check, check, and check.
With Total Crushing® Technology, blast through the toughest ingredients
you can find and end up with smooth, delectable results, every time.



TOTAL CRUSHING® BLENDER



TO BOOST OR NOT TO BOOST?

Toggle the Auto-iQ Boost™ button lets you choose the consistency of everything you make. Use this simple guide for the Auto-iQ® programs that work with recipes made in your Total Crushing® Blender.

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**.

FROZEN DRINK



Select **BOOST YES** for a more whipped consistency. If you prefer a slushy-like finish, select **BOOST NO**.

EXTRACT



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

TIPS FOR YOUR TOTAL CRUSHING® BLENDER PITCHER

LOADING TIPS

Load softer, water dense ingredients on the bottom, and ice or frozen ingredients on top. This creates a vortex in the pitcher which leads to a smoother breakdown of frozen ingredients.



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 juice-like drink, add more liquid as desired.

Next add leafy greens and herbs.

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.

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



TROPICAL COOLER

PREP: 10 MINUTES

CONTAINER: TOTAL CRUSHING® BLENDER 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

Juice of 1 1/2 limes

1 1/2 cups coconut water

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

Cucumber slices, for garnish

DIRECTIONS

- 1** Place all ingredients, except cucumber slices, into the Total Crushing Blender Pitcher in the order listed.
- 2** Select Auto-iQ® BOOST YES FROZEN DRINK.
- 3** Pour into glasses and garnish each with a slice of cucumber.



CLASSIC BLOODY MARY

PREP: 8 MINUTES

CONTAINER: TOTAL CRUSHING® BLENDER PITCHER

MAKES: 6 SERVINGS

INGREDIENTS

2 cans (8 ounces each) tomato sauce
1 lemon, peeled, cut in half, seeds removed
2 tablespoons prepared horseradish
2 teaspoons Worcestershire sauce
1 teaspoon hot sauce
1 teaspoon ground black pepper
1/4 teaspoons celery salt
3/4 cup vodka
4 cups ice, for serving
6 celery stalks, for garnish

DIRECTIONS

- 1** Place all ingredients, except ice and celery stalks, into the Total Crushing Blender Pitcher in the order listed.
- 2** Select Auto-iQ® BOOST YES FROZEN DRINK.
- 3** Pour Bloody Mary into glasses over ice and garnish each with a celery stalk.



BLUEBERRY HONEY CUCUMBER MOJITO

PREP: 5 MINUTES

CONTAINER: TOTAL CRUSHING® BLENDER PITCHER

MAKES: 6 SERVINGS

INGREDIENTS

1 cup English cucumber, chopped

2 1/2 cups blueberries

2 tablespoons fresh mint, stems removed

3/4 cup pear juice

1 cup light rum

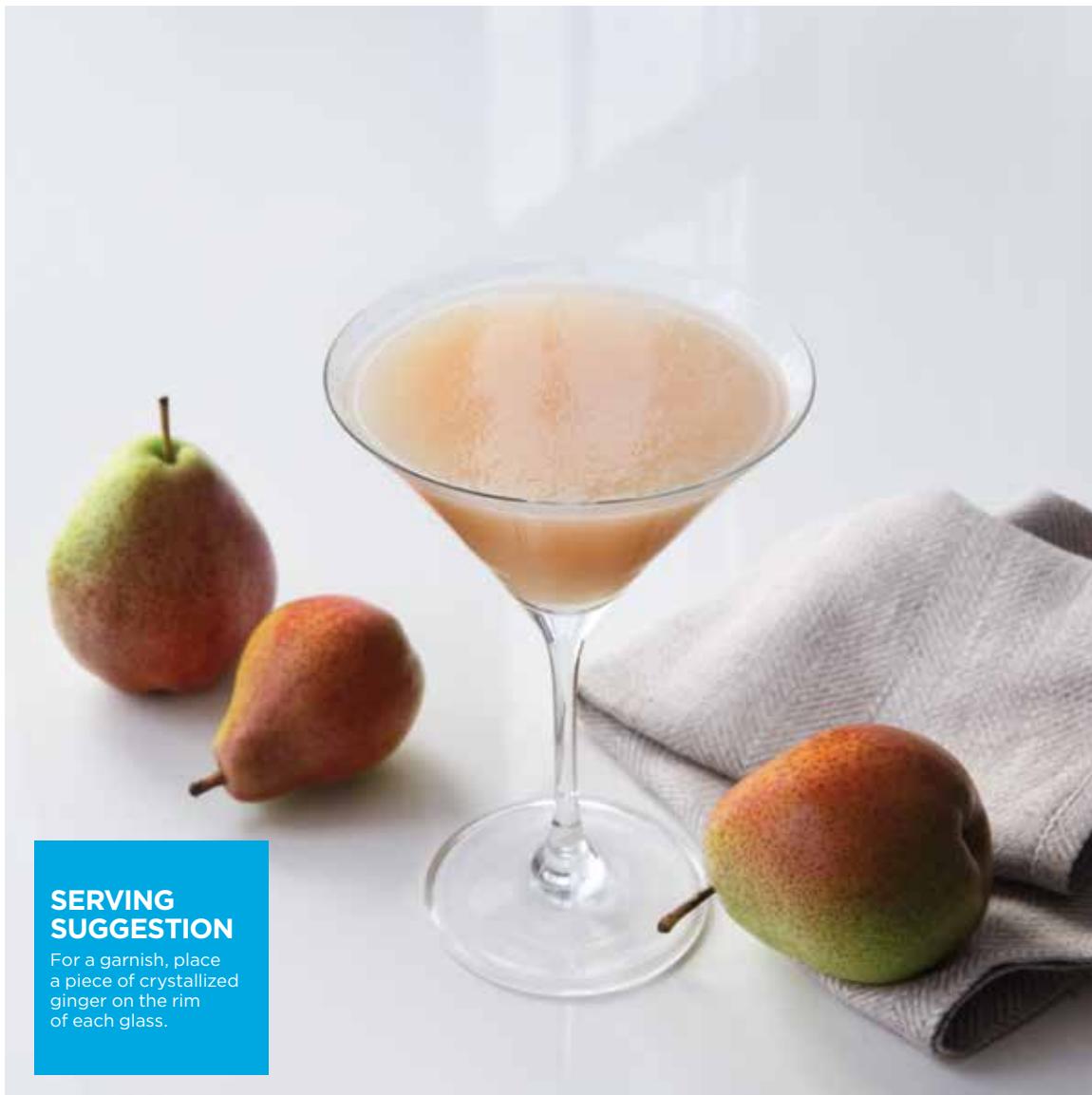
2 tablespoons honey

3 cups ice

DIRECTIONS

1 Place all ingredients into the Total Crushing Blender Pitcher in the order listed.

2 Select Auto-iQ® BOOST YES FROZEN DRINK.



SERVING SUGGESTION

For a garnish, place a piece of crystallized ginger on the rim of each glass.

PEAR GINGER SAKE MARTINI

PREP: 10 MINUTES

CONTAINER: TOTAL CRUSHING® BLENDER PITCHER

MAKES: 4 SERVINGS

INGREDIENTS

- 1 frozen pear, peeled, cored
- 1/2 teaspoon grated fresh ginger
- 2 cups pear juice
- 1/2 to 3/4 cup sake
- 1 tablespoon agave nectar
- 1 cup ice

DIRECTIONS

- 1 Place all ingredients into the Total Crushing Blender Pitcher in the order listed.
- 2 Select Auto-iQ® BOOST YES FROZEN DRINK.
- 3 Pour into chilled martini glasses.



FRESH CITRUS MARGARITA

PREP: 5 MINUTES

CONTAINER: TOTAL CRUSHING® BLENDER PITCHER

MAKES: 4 SERVINGS

INGREDIENTS

1 lime, peeled, cut in half, seeds removed

1 lemon, peeled, cut in quarters, seeds removed

1/3 cup orange juice

1/4 cup triple sec

2/3 cup tequila

4 cups ice

DIRECTIONS

1 Place all ingredients into the Total Crushing Blender Pitcher in the order listed.

2 Select Auto-iQ® BOOST YES FROZEN DRINK.



CAULIFLOWER CHEDDAR SOUP

PREP: 15 MINUTES | **COOK:** 40 MINUTES

CONTAINER: TOTAL CRUSHING® BLENDER 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 additional for garnish
1 teaspoon onion powder
1/4 teaspoon grated nutmeg,
plus additional for garnish
Salt and pepper, to taste
Croutons, for garnish

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 Total Crushing Blender Pitcher.
- 3** Select START/STOP until desired consistency is reached.
- 4** Transfer soup to a saucepan, adjust seasonings, and simmer until heated through.
- 5** Garnish each serving with additional grated cheese, nutmeg, and croutons.

DO NOT BLEND HOT INGREDIENTS.



PEP IN YOUR STEP SOUP

PREP: 10 MINUTES | **COOK:** 10 MINUTES

CONTAINER: TOTAL CRUSHING® BLENDER PITCHER

MAKES: 3 SERVINGS

INGREDIENTS

3 red bell peppers, roasted, peeled, cooled
1/4 cup sundried tomatoes
2 cloves garlic, peeled
1/4 cup white wine
1/4 bunch Italian parsley, trimmed
1 cup low-sodium vegetable broth
Salt and pepper, to taste
Balsamic vinegar, for garnish
Croutons, for garnish

DIRECTIONS

- 1** Place all ingredients, except balsamic vinegar, into the Total Crushing Blender Pitcher in the order listed.
- 2** Select START/STOP until desired consistency.
- 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 and croutons.

DO NOT BLEND HOT INGREDIENTS.



CREAM OF BROCCOLI SOUP

SOAK: 2 HOURS | **PREP:** 10 MINUTES

CONTAINER: TOTAL CRUSHING® BLENDER PITCHER

MAKES: 2 SERVINGS

INGREDIENTS

1 cup raw cashews, soaked in water for 2 hours, drained

4 cups vegetable broth, divided

6 cups broccoli, steamed, cooled

1 teaspoon garlic powder

Salt and pepper, to taste

DIRECTIONS

1 Place all ingredients in the Total Crushing Blender Pitcher in the order listed.

2 Select START/STOP until desired consistency.

3 Transfer soup to a saucepan. Simmer until heated through.

DO NOT BLEND HOT INGREDIENTS.



ROASTED GARLIC & ROMA TOMATO SOUP

PREP: 5 MINUTES | **COOK:** 15 MINUTES

CONTAINER: TOTAL CRUSHING® BLENDER PITCHER

MAKES: 4 SERVINGS

INGREDIENTS

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

DIRECTIONS

- 1** Place all ingredients into the Total Crushing Blender Pitcher in the order listed.
- 2** Select START/STOP until desired consistency.
- 3** Transfer contents to a large saucepan and simmer over medium-low heat for about 15 minutes, or until heated through.

DO NOT BLEND HOT INGREDIENTS.

PUMPKIN CURRY SOUP

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

CONTAINER: TOTAL CRUSHING® BLENDER PITCHER

MAKES: 4 SERVINGS

INGREDIENTS

1 teaspoon olive oil
1 white onion, chopped
1/2-inch piece fresh ginger, peeled, minced
1 tablespoon curry powder
1 can (15 ounces) pumpkin puree
1 1/2 cups vegetable broth
1 1/2 cups coconut milk, filtered, from a carton
2 teaspoons honey
1/2 teaspoon salt
Kale chips, for garnish

DIRECTIONS

- 1** Heat oil into a saucepan on medium-high heat. Add the onion, ginger, and curry powder. Sauté, stirring, until softened.
- 2** Add pumpkin, vegetable broth, coconut milk, honey, and salt to the saucepan. Stir and simmer to combine flavors, about 15 minutes. Cool to room temperature.
- 3** Place cooled pumpkin mixture into the Total Crushing Blender Pitcher.
- 4** Select START/STOP until desired consistency.
- 5** Pour soup back into pot and simmer until heated through.
- 6** Serve in bowls garnished with kale chips.

DO NOT BLEND HOT INGREDIENTS.



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