



NINJA[™]

Recipe Book



RULE THE KITCHEN™

Congratulations on your purchase of the Ninja Master Prep Professional, the Ultimate Food and Drink Maker. Unlike any product you've owned, the Master Prep Professional is high-powered and versatile allowing you to transform fresh ingredients into extraordinary meals and beverages.

This recipe book gives you some great ideas for ways to use both the pitcher and bowl for all of your food and drink needs.

...for more recipes, visit www.ninjakitchen.com



Recipes for Master Prep Pitcher & Bowl



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Frozen Drinks & Desserts

Strawberry **Banana Smoothie**

What you'll need:

- 1 Ripe Banana
- 4 oz. Frozen Strawberries
- 6 oz. Fresh Squeezed Orange Juice
- 2 oz. Frozen Strawberry Sherbet (optional)

How to make it:

Add all ingredients into the pitcher and use long pulses until you've reached the desired consistency.

Makes two 8 oz. Glasses



Banana Whip

What you'll need:

1 Extra Large or 2 Small Ripe Bananas, peeled and frozen.
¾ Cup Low Fat (not fat free) Milk, or as needed
1 Tsp Vanilla extract
1 Tbsp Chocolate Chips
*1 Tsp Cinnamon Sugar

How to make it:

Cut the bananas into 1 ½ inch pieces and add to the pitcher, top with the milk and vanilla. Using short pulses blend until the banana is fully pureed; it will have the consistency of frozen yogurt. Pour into 2 small bowls and sprinkle with chocolate chips and cinnamon sugar.

*Combine 2 Tbsp sugar and 2 Tsp cinnamon in small bowl. Store in air tight container.

Frozen Mojito

What you'll need:

2 Limes, Juiced
10-12 Mint Leaves
2 oz. Simple Syrup*
6 oz. White Rum
2 Cups Ice cubes

How to make it:

Add all ingredients into the pitcher and use long pulses until well blended.

Serve in 2 tall rocks glasses, garnish with mint.

*Combine 4 Tbsp Sugar and 4 Tbsp Water in saucepan on warm stove until sugar dissolves.



Frozen Pomegranate Margarita

What you'll need

4 oz. White Tequila
2 oz. Triple Sec
½ Cup Pomegranate Juice
1 Lime Juiced
3 Cups of Ice
Salt for Glasses
Lime wedges for Garnish

How to make it

Add ingredients to the pitcher, use long pulses until well blended. Run a lime wedge around the rim of the glass and dip the glass in salt. Pour the frozen Margarita into 2 tall glasses.



Creamsicle

What you'll need:

12 oz. Fresh Squeezed Orange Juice
6 oz. Low-Fat Vanilla Yogurt

How to make it:

Fill one 16 cube ice tray half with orange juice and half with low-fat vanilla yogurt. Freeze 4-6 hours or overnight. Combine frozen cubes with 6 oz. of orange juice in the pitcher. Pulse 6-8 times until mixture has the consistency of a thick smoothie.

Quantity depends on size of molds.



Frozen Hot Chocolate

What you'll need:

4 oz. Milk or Semi Sweet Chocolate Chips,
2 Tsp Store-Bought Hot Chocolate Mix
1 1/2 Tbsp Sugar
1 1/2 Cups Milk
3 Cups Ice
Whipped Cream
Chocolate Shavings

How to make it:

Put chocolate chips in a double boiler over simmering water. Stir occasionally until melted. Add the hot chocolate mix and sugar. Stir until completely melted. Remove from heat and slowly add ½ cup of milk until smooth. Cool to room temperature. In the pitcher, combine the remaining cup of milk, the room-temperature chocolate mixture and the ice. Pulse until smooth and the consistency of a frozen daiquiri. Pour into 2 giant goblets and top with whipped cream and chocolate shavings.

Watermelon Slush

What you'll need

4 Cups of Diced Seedless Watermelon
1 Tbsp Freshly Squeezed Lime Juice
Pinch of Salt (brings out flavors)
1½ Tbsp Sugar, or to taste
1 Cup Ice

How to make it

Using the large pitcher, add all the ingredients and blend using short pulses at first, then follow with 2 long until the fruit is pureed. Taste and correct the flavor with sugar or lime juice if necessary. Pour into tall glasses, add ice if desired.

Ninja Snow Cone

What you'll need:

3/4 Cup White Sugar

3/4 Cup Water

1 Pkg Unsweetened Fruit Flavor

Drink Mix (13 oz. each)

4-5 Cups Ice

How to make it:

Make basic simple syrup by combining sugar and water in a saucepan and bringing to a boil. Reduce heat to medium and simmer for 3 minutes. Remove from heat and stir in flavored drink mix of your choice. Make Cherry, Grape, Orange, and Fruit Punch by following the same recipe and changing the powdered flavor. Place in resealable 12 oz. squirt bottle. Note: can be stored in the refrigerator for up to a month.

For Snow Cone, place 4-5 cups of ice cubes in pitcher and use long pulses until fine snow is formed. Scoop into desired serving dish. Pour on flavored syrup and serve.

Makes 4 Snow Cones



Frozen Peanut Butter Cup

What you'll need

- 2 Cups Vanilla Ice Cream
- ¼ Cup Milk
- 2 Tbsp Chunky Peanut Butter
- 2 Tbsp Chocolate Syrup
- 6 Frozen Mini Peanut Butter Cups

How to make it

- Add all ingredients to the pitcher.
- Pulse 5 to 6 times until blended.
- Scoop into 2 ice cream float glasses.

Makes two 10 oz. glasses

Frozen Toffee Delight

What you'll need:

1 Frozen Toffee Bar
½ Cup Milk
2 Cups Vanilla Ice Cream
1 Tbsp Fudge Sauce

How to make it:

Break up Toffee Bar while still in wrapper. Add all ingredients in the pitcher and pulse 5 or 6 times until blended.

Makes two 10 oz. Glasses

Caramel **Banana Smoothie**

What you'll need:

6 oz. Low-Fat Vanilla Yogurt
1 Cup Soy milk
1 Ripe Banana
1 Tbsp Caramel Fat Free Topping
1 Cup Ice
Pinch each of Cinnamon, Ginger and Clove

How to make it:

Add all ingredients into the pitcher and pulse 6-8 times until smooth.

Makes 2 Glasses

Mocha Frozen Fusion Lite

What you'll need:

½ Cup Strong Coffee
¾ Cup 2% or Fat Free Milk
2 Tbsp Lite Chocolate Syrup
½ Tsp Artificial Sweetener
1 Cup Ice

How to make it:

Add all ingredients into pitcher and use long pulses until smooth.

Makes two 10 oz. cups



Fresh Fruit Batidos

What you'll need:

6 oz. Mango Sorbet
4 oz. Vanilla Ice Cream
½ Cup Fresh Mango
¾ Cup Whole Milk
1 Tbsp Honey

How to make it:

Add all ingredients into the pitcher and pulse 6-8 times until smooth and frothy.
Substitute your choice of fruit, ice cream and sherbet to create your own variation.
Serve immediately!
Makes two 8 oz. cups

Key Lime Pie

For the crust:

10 Graham Cracker Crumbs
1/4 Cup Sugar
6 Tbsp (3/4 stick) Unsalted Butter, melted

For the filling:

4 Extra-Large Egg Yolks, at room temperature
1/4 Cup Sugar
1 14 oz. Can Sweetened Condensed Milk
2 Tbsp Grated Lime Zest
3/4 Cup Freshly Squeezed Lime Juice (4 to 5 limes)
Preheat the oven to 350 degrees F.

How to make it:

For the crust, break the graham crackers, and place in the pitcher with the sugar, and butter. Pulse until crumbs. Press into a 9" pie pan, making sure the sides and the bottom are an even thickness. Bake for 10 minutes. Allow to cool completely. Wipe out the pitcher with a paper towel.

For the filling, add the egg yolks and sugar and pulse 2 to 3 short pulses and then 5 to 6 long pulses (no longer than 20 seconds at a time), until thick. Remove the lid of the Ninja and add the condensed milk, lime zest and lime juice. Pulse again until well combined. Pour into cooled pie shell and bake for 30 to 40 minutes. Cool the pie for several hours, decorate with cream or serve the cream on the side.





Dips & Marinades

Tuscan Bruschetta

Bruschetta Topping

1 Cup Cherry Tomatoes
¼ Cup Red Onion, cut into 4 pieces
2 Tbsp Olive Oil
1 Tsp Balsamic Vinegar
½ Cup Fresh Basil Leaves
Salt and pepper to taste

To make the Bruschetta Topping

Place all ingredients in the bowl and pulse 3 to 4 times until tomato mixture is uniform in size. Pour into a small bowl and set aside.

Assemble the Bruschetta

Cut the French bread into ½ inch thick slices, brush with olive oil and grill on each side until lightly golden brown. Cool to room temperature. Spread the bean mixture on the grilled bread and top with the bruschetta mixture. Garnish the plate with fresh basil.

Tuscan Bean Spread

1 (15 oz.) Can Cannellini Beans, drained and rinsed
¼ Cup Loosely Packed Parsley Leaves
2 Tbsp Fresh Lemon Juice
1 Tbsp Olive Oil
1 Garlic Clove
Salt and pepper to taste
1 Loaf French Bread
2 Tbsp Olive Oil

To make the Tuscan Bean Spread

Using the same bowl (no need to wash), add all the ingredients for the bean spread, pulse until the mixture is smooth.

Babaganoosh (Grilled Eggplant Dip)

What you'll need:

- 2 Large Eggplants (approx 2 lbs)
- 2 Garlic Cloves
- 2 Scallions
- 4 Tbsp Italian Flat Leaf Parsley
- 4 Tbsp Fresh Squeezed Lemon Juice
- 2 Tbsp Plain Yogurt
- 2-3 Tbsp Extra Virgin Olive Oil
- ½ Tsp Ground Cumin
- Salt and Fresh Ground Black Pepper to taste

How to make it

Wash the eggplants and prick in a few spots to allow the steam to escape. Grill them over a medium flame; turning frequently, until charred on all sides and the flesh is soft. Let cool and then split lengthwise and scoop out the flesh.

In the bowl add garlic, scallion, parsley and lemon juice and pulse until all items are minced. Add eggplant, olive oil, cumin, salt and pepper and pulse until items are pureed. Adjust seasoning and serve in bowl with additional olive oil drizzled on top and garnish with parsley sprigs. Serve with warm pita wedges, your favorite bread or an assortment of raw vegetables.

Makes about 2 ½ Cups

Tzatziki (Cucumber Yogurt Dip)

What you'll need:

16 oz. Greek Style (Thick) Yogurt
1 Seedless Cucumber
2 Tbsp Kosher Salt
5 Garlic Cloves, Peeled
2 Tbsp Red Wine Vinegar
3 Tbsp Extra Virgin Olive Oil
12 Fresh Mint Leaves
Fresh Ground Black Pepper

How to make it:

Wash cucumber and remove ends. Cut into 1½" sections and place in pitcher. Pulse to reduce to a coarse grate. Place in a separate colander and add 1 Tbsp of the kosher salt. Press cucumber through colander to remove excess liquid.

Add yogurt, cucumber, garlic, vinegar, olive oil, mint, salt and pepper into pitcher and pulse until sauce is smooth.

Serve with meat, fresh veggies or your favorite crackers.

Makes about 2 ½ Cups

Orange Mojo Marinade

What you'll need:

1/2 Cup Orange Juice
4 Garlic Cloves, Peeled
Juice from 1/2 Lime
1/2 Tsp Cumin
1/4 Cup Fresh Cilantro leaves
1/2 Tsp Red Pepper Flakes
1/2 Tsp Dried Oregano
3 oz. Fresh Mango Slices
Salt and Fresh Ground Black Pepper

How to make it:

Add all ingredients into bowl and pulse until smooth. Pour into resealable bag with either chicken breast or pork cubes. Let marinate 2-4 hours or overnight before grilling.

Will marinate about 1 lb of Chicken or Pork

Traditional Guacamole

What you'll need:

2 Hass Avocados, ripe but firm, cut in 2" pieces
2 oz. White Onion, cut into 1" pieces
1 Garlic Clove
½ Medium Beefsteak Tomato, cut in 4 pieces
Juice from ½ Lime
15 Cilantro Leaves, whole
½ Tsp Kosher Salt
Hot Sauce to taste

How to make it:

Add all ingredients into the bowl and pulse until desired consistency is reached.

Serve with your favorite chips.

Makes about 1 ½ cups



Fresh Tomato Salsa

What you'll need:

4 Roma Tomatoes, cut in 4 pieces
¼ Small White Onion
1 Serrano Chilies, split and deseeded
1 Tbsp Whole Cilantro Leaves
½ Tsp Sugar
½ Tsp Salt
Juice from ¼ Lime
Pinch of Oregano
Pinch of Cumin

How to make it:

Add all ingredients into the bowl. Use short pulses, about 3 times until desired consistency is reached.

Serve with your favorite chips and guacamole.

Makes about 2 ½ cups





Entrées & Soups

White Gazpacho Soup

What you'll need:

- 4 oz. Blanched Almonds
- 3 Garlic Cloves, peeled
- 4 Medium Slices of French Bread, crusts removed
- 5 Tbsp Extra Virgin Olive Oil
- 4 Tbsp Spanish Sherry Vinegar
- 4 Cups Iced Water
- 1 Tsp Salt or to taste
- 3 oz. Seedless Green Grapes

How to make it:

Soak the bread in the ice water and set aside. Combine the almonds, garlic, and salt in the pitcher and pulse until processed but not smooth. Add bread into pitcher and alternate with the olive oil pulsing until emulsion is formed. Add vinegar and remaining water. Season to taste. Pulse once more. Pour into small soup bowls and garnish with sliced grapes.

Drizzle with additional olive oil.

Serves 4

Country Chicken Salad

What you'll need

16 oz. Boneless Cooked Chicken, cut in 1" pieces
½ Small Onion, quartered
1 Celery Stalk, cut in 1" pieces
1 Cup Low Fat Mayonnaise
1 Tsp Country Dijon Mustard
½ Tsp Dried Tarragon
1-2 Tsp Fresh Lemon Juice
10 Sprigs Curly Parsley
Salt and fresh ground Black Pepper to taste
1 Pkg Mixed Greens, washed and cut
1 Beefsteak Tomato, sliced
1 Small Cucumber, sliced
2 Cups Red Seedless Grapes
4 Slices Multigrain Bread

How to make it

Add all ingredients in the pitcher and pulse 3-4 times, or until desired consistency is reached. Adjust seasoning. Serve on a bed of mixed greens with sliced tomatoes, cucumbers and red seedless grapes. Cut bread into 2 wedges and arrange on plate.

Serves 4



Skirt Steak **with Chimichurri Sauce**

What you'll need

2 Garlic Cloves
1 Large Bunch Parsley
½ Cup Fresh Sage Leaves (removed from the stem)
¼ Cup Fresh Lemon Juice
2/3 Cup Olive Oil
2 Tsp Crushed Red Pepper (according to taste)
Salt and Pepper to taste
2 to 3 Pounds Skirt Steak

How to make it

Turn the grill to high. Season the skirt steak with salt and pepper, grill on high for 5 to 7 minutes. Remove from grill, cover with foil and let rest. Meanwhile, add the rest of the ingredients to the bowl, pulse 2 to 3 times. Slice the steak into thin slices, top with half of the sauce and serve. Serve the rest of the sauce on the side.

*Change up the sauce by replacing the parsley with cilantro, and the lemon with lime juice.

Creole Shrimp Po' Boy

What you'll need

- 4 Crusty Long Sandwich Rolls
- 1 Lb, Shelled and Deveined Jumbo Shrimp
- 2 Tomatoes cut into slices
- 4 Large Lettuce Leaves

Creole Spice Paste

- 2 Garlic Cloves
- ½ White Onion, cut into 4 pieces
- 1 Jalapeno, halved and seeds removed
- 1 Tbsp Flat-Leaf Parsley
- 1 Tsp Thyme Leaves
- ½ Medium Green Pepper, seeded and cut into 4 pieces
- 1 ½ Tsp Kosher Salt
- ½ Tsp Pepper
- ½ Tsp Cayenne pepper
- 2 Tbsp Vegetable Oil

Add ingredients to the bowl, use long pulses until well blended. Put in a serving bowl and set aside.

Creole Mayonnaise

- ½ Cup Mayonnaise
- 2 Celery Rib, cut into 6 pieces
- 4 Sour Gherkins
- 1 ½ Tbsp of Above Creole Spice Paste

Using the bowl, no need to wash, add all Creole mayonnaise ingredients and pulse until combined (2 to 3 short pulses)

Making the Po'Boy

Light the grill; toss the shrimp in ¼ cup of Creole Spice Paste, let stand for 10 minutes. Grill the shrimp until pink and charred in some spots, about 2 minutes. Slice the rolls lengthways; add lettuce, tomatoes, about 5 shrimp and top with Creole Mayonnaise. Enjoy.

*Spice paste can be refrigerated up to 3 days. Use it as a rub for steak, chicken and pork.

Smokey Black Bean Soup

What you'll need

2 Tbsp Olive Oil
½ of a Medium Red Onion,
½ of a Medium Red Pepper
½ of a Medium Green Pepper
2 Garlic Cloves
1 1/2 Tablespoons Ground Cumin
1 Tsp Kosher Salt
½ Tsp Black pepper
3 Cans (15 oz) Black Beans, Rinsed
4 Cups Chicken Stock
*1 Chipotle Pepper in Adobo Sauce

Garnish

1 lime, cut into ¼
2oz Shredded Cheddar
2 oz Sour Cream

How to make it

Chop the onion and peppers into 1 ½ inch pieces; add to the pitcher along with the garlic. Pulse 5 to 6 times, until evenly diced. Pour the oil into a large pot over medium heat; add the diced vegetable and sauté for 8 minutes. Add cumin, salt and pepper, sauté 1 more minute. To the pot add 2 cups of chicken stock and half of the black beans, bring to a boil. Meanwhile to the pitcher add the remaining beans, the chipotle pepper and 2 cups of the chicken stock. Pulse until smooth and add to the pot on the stove. Reduce the soup to a simmer and cook for 20 minutes. Before serving, squeeze the lime over the soup, garnish with grated cheddar and sour cream. Enjoy!

Make 4 servings.

*Chipotle peppers can be found in the International Foods section of the grocery store. Use one pepper; store the rest in an air tight container.

Broiled Salmon **with Herb Glaze**

What you'll need

- 2 Garlic Cloves
- 3 Sprigs Fresh Rosemary, stems removed
- 4 Sprigs Fresh Thyme Leaves, stems removed
- 1 Tbsp Dry White Wine
- 1 Tbsp Extra-Virgin Olive Oil
- 2 Tbsp Dijon Mustard
- 2 Tbsp Whole-Grain Mustard
- Nonstick Olive Oil Cooking Spray
- 6 (6 to 8 oz.) Salmon Fillets
- Salt and Freshly Ground Black Pepper
- 6 Lemon Wedges for Garnish.

How to make it

Using the bowl, add garlic, rosemary, thyme, wine, oil, and both mustards. Blend until the mustard sauce is combined, about 30 seconds. Set sauce aside. Preheat the broiler. Line a heavy rimmed baking sheet with foil. Spray the foil with nonstick spray. Arrange the salmon fillets on the baking sheet and sprinkle them with salt and pepper. Broil for 2 minutes. Spoon the mustard sauce over the fillets. Continue broiling until the fillets are just cooked through and golden brown, about 5 minutes longer. Transfer the fillets to plates and serve with lemon wedges



Curried Chicken Salad

What you'll need:

10 oz. Cooked Chicken Breast
1 Celery Stalk cut in six 1" pieces
1 Tbsp Lime Juice
½ Cup Lite Mayo or as needed
¼ Cup Plain Low Fat Yogurt
1 Tsp Fresh Peeled Ginger Root
2 Tsp Curry Powder
1 Tsp Honey
Salt and Pepper to taste
2 oz. Red Onion
4 oz. Grapes
4 oz. Fresh Mango
1 oz. Slivered Almonds Toasted

How to make it

In pitcher, add celery, lime juice, mayo, yogurt, ginger, curry, honey, salt and pepper. Pulse until smooth. Add chicken until the desired texture is reached: 3-4 pulses for chunky and 6-8 for smooth. Serve over your favorite greens garnished with grapes, mango and slivered almonds.

Makes 2 cups

Quick **Clean Up & Storage**

- All of the Ninja Master Prep Professional parts are dishwasher safe except the Master Pod, use a damp sponge to wipe this clean.
- Leftovers? Use the custom fit storage lids to keep your favorite recipes long-lasting and fresh!
- Quick Tip: Reheat leftovers in pitcher and bowl, both containers are microwave safe!
- Quick Tip: Place storage lids & blades on top rack of dishwasher.





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