

Getting Started with the Ninja Master Prep

Mocha Frozen Fusion Lite

Ingredients

½ Cup Strong Coffee
¾ Cup 2% or Fat Free Milk
2 Tbsp Lite Chocolate Syrup
½ Tsp No-calorie sweetener
1 Cup Ice

a
low cal
treat!

1

Place the Ninja
Blade in the
Master Prep
Pitcher



2

Combine all of the
ingredients in the
pitcher



3

Attach the
Splash Guard
and Power Head



4

Use long pulses
until smooth



5

Pour & and enjoy!



Fresh Tomato Salsa

Ingredients

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
¼ Lime Juice
Pinch of Oregano
Pinch of Cumin

1

Place the Ninja
Blade in the Master
Prep Bowl



2

Combine all of the
ingredients in
the bowl



3

Attach the
Splash Guard
and Power Head



4

Use 3 short pulses
for desired consistency



5

Garnish, serve
and enjoy!



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



NINJA

Quick Start

Meet the Ninja



Ninja Power Head
400 Watts of power



Ninja Power Head works on both the pitcher and the bowl.



Splash Guard *



Splash Guard *
Features an easy-flip pour spout



Ninja Blade for Master Prep Bowl *
Specifically designed for the Bowl.



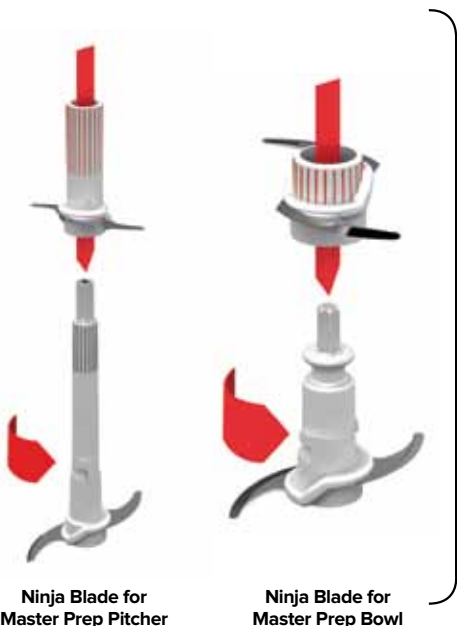
Ninja Blade for Master Prep Pitcher *
Specifically designed for the Pitcher.

Master Prep Bowl *°
• 2 Cup / 16 Fl oz.
• No Slip Bottom

Master Prep Pitcher *°
• 6 Cup / 48 Fl oz.
• No Slip Bottom
• Ergonomic Grip

* dishwasher safe
° microwave safe

Assembling & Handling the Ninja Blade

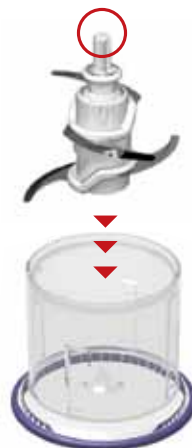


1
To correctly assemble the Ninja Blades, place the top blade ribbed side up onto the lower blade. Twist to lock in position.

Ninja Blade for Master Prep Pitcher

Ninja Blade for Master Prep Bowl

Grab here when placing in bowl



2
Grab top of assembly and place into container, make sure blade assembly is locked in place.

Blades should be secured on pin at bottom of bowl/pitcher.



3
Secure the Ninja Power Head with your free hand when pulsing. **It's powerful!**

Please be very careful when handling the Ninja Blades, they are extremely sharp!