

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



# NINJA Foodi

**POWER BLENDER  
ULTIMATE SYSTEM**

20+ delicious recipes



# Your guide to blending, prepping, and mixing like a Foodi.<sup>®</sup>

Welcome to the Ninja<sup>®</sup> Foodi<sup>®</sup> Power Blender Ultimate System recipe book. From here you're just a few pages away from recipes, tips, tricks, and helpful hints to give you the confidence to make everything from smoothies bowls and nut butters to frozen drinks, smoothies, salsas, and cookie dough—all in your kitchen system. Now let's get started.

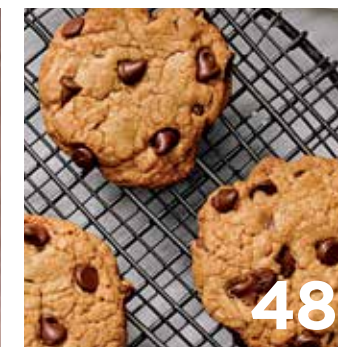
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For more exciting delicious recipes,  
visit [ninjakitchen.com](http://ninjakitchen.com)

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

# Using the Nutrient Extraction\* Cup

Tips to help you create smoothies and nutrient extractions\* to take on the go.

Use the **SMOOTHIE** program to combine your favorite fresh or frozen ingredients, liquids, and powders.

Use the **EXTRACT\*** program for tough, leafy, or fibrous whole fruits and vegetables, including their skins, seeds, and stems.

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

## Load it up

**Do not go past the MAX LIQUID line when loading the cup.**

Overfilling ingredients may harm the unit when in use. If you feel resistance when attaching the Hybrid Edge™ Blades Assembly to the cup, remove some ingredients.



### PREP TIPS

For best results, cut ingredients in 1" pieces. Place frozen ingredients in the cup last.



**BUILT-IN  
TAMPER**

*Twist*

## Introducing the XL Smoothie Bowl Maker

It's never been easier to create thick and spoonable smoothie bowls, nut butters, and more. All you have to do is twist the built-in tamper while blending to push ingredients down toward the blade.



## Smoothie bowl for one

USING THE XL SMOOTHIE BOWL MAKER

### DID YOU KNOW?

Smoothie bowls are **thicker & spoonable**, compared to smoothies which are thinner & drinkable.



**1.**

Add milk, or milk alternative such as soy, coconut, almond, or oat milk, up to the **LIQUID FILL** line.

**ALWAYS DO THIS FIRST.**



**2.**

Add **frozen fruit, directly from freezer**, and/or açai or dragon fruit packets, up to the **MAX FILL** line.

Cut larger fruit, like bananas, in quarters.

**If using açai or dragon fruit packets, thaw slightly and cut in quarters.**



**3. (Optional)**

Amplify your base by adding 1 scoop of yogurt, flavor powder, protein powder, and/or nut butter.



**4.**

Screw on the blade assembly and install the bowl on the motor base.

Select **BOWL** and press **START/STOP**. Twist the built-in tamper counterclockwise **continuously** while processing.

**5.**

After blending is complete, add your favorite toppings, such as coconut flakes, granola, fresh bananas, berries, and agave nectar.





# Smoothie bowls for a crowd

## USING THE POWER BLENDER & PROCESSOR PITCHER



1.

With the Stacked Blade Assembly installed in the pitcher, add milk or milk alternative such as soy, coconut, almond, or oat milk up to the **16 oz. line**.

**ALWAYS DO THIS FIRST.**



2.

Add **frozen fruit, directly from freezer**, and/or açaí or dragon fruit packets up to the **44 oz. line**.

*Cut larger fruit, like bananas, in quarters.*

**If using açaí or dragon fruit packets, thaw slightly and cut in quarters.**



3. (Optional)

Amplify your base by adding 2 scoops of yogurt, flavor powder, protein powder, and/or nut butter.



4.

Install flat lid, then install pitcher on the motor base. Use the dial to select **BOWL** and press **START/STOP**. If more blending is needed, run on speed 10 until combined.

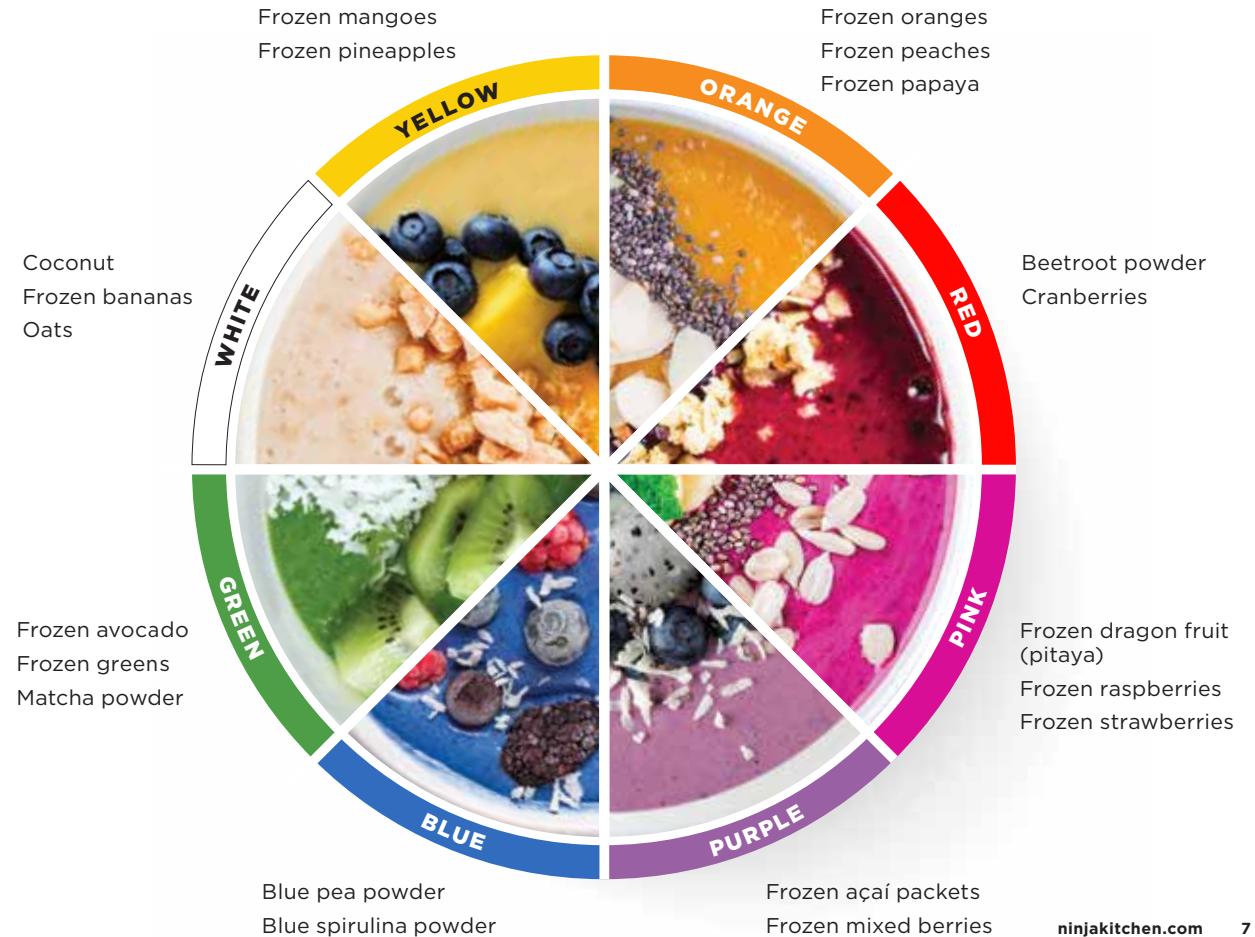
5.

After blending is complete, remove lid and blade assembly. Serve in separate bowls then add your favorite toppings, such as coconut flakes, granola, fresh bananas, berries, and agave nectar.



# Smoothie bowl color guide

Trying to make your bowl pop in a certain color? Use this ingredient guide to achieve the look you want.



# Blending 101

Tips to set yourself up for blending success.

## Do not go past the MAX LIQUID line when loading the pitcher.

Overfilling the pitcher with ingredients may harm the unit when in use. For best and smoothest results, follow the loading order below.

- 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.
- 2  Next add leafy greens and herbs.
- 1  Start with fresh fruits and vegetables. For best results, cut into 1" pieces.

**NOTE:** When using the stacked blade assembly, use the flat lid.

# Chopping Prep 101

Tips to simplify your food processing and chopping.



Total Crushing® and Chopping Blade Assembly (Stacked Blade)



## PREPPING VEGETABLES

- Cut both ends off ingredients and remove any outer peels or skins.
- Cut ingredients such as carrots, cucumber, celery, and zucchini in 2" pieces, and broccoli or cauliflower florets into 1" pieces. Cut ingredients such as onions in quarters.



## PREPPING MEAT

- Trim excess fat and connective tissue. Cut meat in 2" cubes.

## CHOP PROGRAM

- Timed pulses and pauses give you consistent chopping results.
- Run program once for a large chop, twice for a small chop, and three times for a mince.



**WARNING:** Stacked Blade Assembly is sharp and not locked in place. Before pouring, carefully remove Stacked Blade Assembly. Failure to do so will result in a risk of laceration. Refer to the Ninja Owner's Guide for additional information.



# Food Processing 101

Tips and tricks for the disc assemblies.

**NOTE:** Install the disc spindle in the pitcher before installing the disc assembly.



## REVERSIBLE SLICING/SHREDDING DISC

The reversible slicing/shredding disc is perfect for outputs like thinly sliced cucumbers and shredded carrots. Face the side labeled “slicer” up for slicing and face the side labeled “shredder” up for shredding.



SHREDDING



SLICING

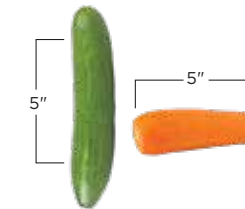


## GRATING DISC

The grating disc is ideal for outputs like grated Parmesan cheese.

**WARNING: DO NOT** process ingredients past the **DISC MAX** line.

**WARNING:** Ensure cheese is well chilled before slicing/shredding or grating. **DO NOT** slice, shred, or grate frozen cheese.



## FOOD PREP TIPS

Trim ingredients so they are in 4” to 5” pieces or slightly over the height of the feed chute.

**DO NOT** cut ingredients smaller than the height of the feed chute.



Cut both ends off ingredients to create flat surfaces. Trim tapered ingredients like carrots to make them more symmetrical.



Larger ingredients, such as potatoes, may need to be cut in half lengthwise.

## USING THE 2-PART PUSHER

Use the 2-part food pusher to help guide the food through the feed chute. The middle piece of the food pusher is removable to use for narrow ingredients, such as carrots. Rotate the top clockwise and lift to separate the pieces.

# Dough basics 101

Tips and tricks for creating the perfect dough.



## KNEADING

Once a dough ball forms, remove it from the pitcher and place it on a lightly floured surface. Hand-knead the dough ball by folding the dough in half toward you. Then, using the palms of your hands, push the dough away from you. Re-fold, then turn dough ball 45 degrees and repeat. Kneading is complete when the dough is no longer sticky, is smooth on the outside, and bounces back when pressed with your fingers.



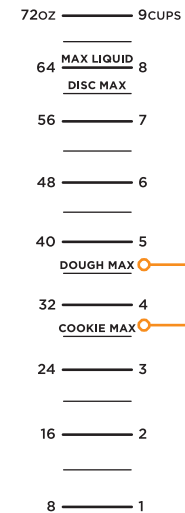
## PROOFING

Usually done for breads, proofing is when the dough is allowed to **rest and rise** one last time before baking. It gives bread a light and airy texture.

To create ideal proofing conditions, heat oven to 170°F. Place dough ball in a greased oven-safe bowl and cover loosely with plastic wrap. Once the oven has reached temperature, turn the oven off and place the bowl in the oven. Allow to proof in the residual heat until dough has doubled in size.



Dough Blade Assembly



For best dough mixing results, do not exceed the **MAX** dough lines, **DOUGH MAX** and **COOKIE MAX**, when filling the Pitcher. If a recipe exceeds these **MAX** lines, we recommend reducing the recipe by half. Refer to the chart below for unit conversions.

## KITCHEN CONVERSION CHART

ORIGINAL AMOUNT	HALF THE AMOUNT
1 cup	1/2 cup
3/4 cup	6 tbsp
2/3 cup	1/3 cup
1/2 cup	1/4 cup
1/3 cup	2 tbsp + 2 tsp
1/4 cup	2 tbsp
1 tbsp	1/2 tbsp
1 tsp	1/2 tsp
1/2 tsp	1/4 tsp
1/4 tsp	1/8 tsp



# Dough basics 101 cont.

Loading tips for making different doughs and batters.



## COOKIES

Unit can make a max of 24 one (1) ounce cookies at a time.

- 1 Add sugars, cubed softened butter, eggs, and liquids (such as vanilla extract). Use the dial to select DOUGH, then press START/STOP.
- 2 Add all dry ingredients and run the DOUGH program again. If more mixing is needed, run on speed 1 until combined.
- 3 Remove dough blade and add mix-ins (such as chocolate chips, raisins, and nuts). Stir to combine.



## BISCUITS, PIES & SCONES

Unit can make a max of 8 biscuits of scones or one 12" round pie crust at a time.

- 1 First add dry ingredients, cubed cold butter or shortening. Use the dial to select DOUGH, then press START/STOP.
- 2 Add cold liquids (such as cold milk or water) and run the DOUGH program again. If more mixing is needed, run on speed 1 until combined.
- 3 Remove dough ball and knead to combine, if needed.



## PIZZAS, PRETZELS, BAGELS & BREAD DOUGHS

Unit can make a max of one 12" round pizza, 8 pretzels or bagels, or one loaf bread at a time.

- 1 First add liquids (such as water), yeast, and oil. Then add dry ingredients. Use the dial to select DOUGH, then press START/STOP.
- 2 Remove dough ball and knead to combine, if needed.



## CAKES, BROWNIES, MUFFINS & QUICK BREADS

Unit can make a max of one 12" round cake, one 8" x 8" pan brownies, 12 muffins, or one 8" x 4" loaf of quick bread, such as banana bread or pumpkin bread.

- 1 Add sugars, softened cubed butter/oils, eggs, and liquids (such as vanilla extract). Use the dial to select DOUGH, then press START/STOP.
- 2 Add all dry ingredients and run the DOUGH program again. If more mixing is needed, run on speed 1 until combined.
- 3 Add mix-ins (such as chocolate chips, raisins, and nuts). Press iQ/Manual and with speed 1 selected, press START/STOP. Blend until combined.

### DOUGH TOO DRY?

Add room temperature water 1 tablespoon at a time and pulse. Continue adding water until a dough ball forms.

### DOUGH TOO WET?

Add 1 tablespoon of flour at a time and pulse. Continue adding flour until dough releases from side of pitcher and dough ball forms.

# DOUGH KICKSTARTER

## Pizza Dough

**PREP:** 20 MINUTES | **RISE:** 45 MINUTES  
**CONTAINER:** 72-OUNCE PITCHER | **BAKE:** 20-25 MINUTES

### INGREDIENTS

1 packet (0.25 oz.) active dry yeast	1/2 cup olive oil
1 teaspoon granulated sugar	3 cups all-purpose flour
1 cup warm water (110°-115°F)	1 teaspoon kosher salt

### DIRECTIONS



Install the dough blade in the 72-ounce Pitcher. Place the yeast, sugar, and warm water in the pitcher and allow to sit for 5 minutes.



After 5 minutes, add the olive oil, flour, and salt. Install the flat lid, then select DOUGH and press START/STOP.



Remove dough ball from pitcher and knead for two minutes.



Place dough ball in a lightly oiled bowl. Cover loosely with plastic wrap and allow to rise for 45 minutes or until dough has doubled in size.



Once dough ball has risen, preheat oven to 425°F. Roll dough out into a 12" round and place on a greased baking sheet.



Add your favorite pizza toppings and bake for 20 to 25 minutes or until golden brown.

**TIP** Dough too dry? Dough too wet? Add 1 tablespoon of water or flour at a time and pulse until combined.

**TIP** For best cleaning results, wash the pitcher, lid, and blade assembly in the dishwasher.



**XL SMOOTHIE  
BOWL MAKER**



**XL SMOOTHIE BOWL MAKER EXCLUSIVE**

## AÇAÍ BERRY BOWL

**PREP:** 5 MINUTES

**CONTAINER:** 18-OUNCE XL SMOOTHIE BOWL MAKER

**MAKES:** 1 SERVING

### INGREDIENTS

Almond milk

1 packet (3.5 ounces) açaí puree, slightly thawed, cut in quarters

Frozen mixed berries

Sweetener of choice, as desired

### DIRECTIONS

1. Pour almond milk into the 18-ounce XL Smoothie Bowl Maker, filling to the Liquid Fill line.
2. Add quartered açaí puree and frozen mixed berries and sweetener (optional) up to, but not exceeding, the Max Fill line. Install the blade assembly.
3. Select BOWL, then press START/STOP. Twist the built-in tamper counterclockwise continuously while blending until program is complete.
4. Remove blades from bowl after blending.
5. Decorate with toppings of your choice and serve.

**72-OUNCE  
PITCHER**



**STACKED BLADE**

**POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE**

## DRAGON FRUIT BOWL

**PREP:** 5 MINUTES

**CONTAINER:** 72-OUNCE PITCHER

**MAKES:** 3-4 SERVINGS

### INGREDIENTS

Coconut milk

Frozen dragon fruit

Frozen pineapple chunks

Sweetener of choice, as desired

### DIRECTIONS

1. Install stacked blade in the 72-ounce Pitcher.
2. Pour coconut milk into the pitcher, filling to the 16 oz. line.
3. Add frozen dragon fruit and frozen pineapple and sweetener (optional) up to, but not exceeding, the 44 oz. line. Install flat lid.
4. Select BOWL, then press START/STOP. If more blending is needed, run on speed 10 until combined.
5. Remove lid and stacked blade from pitcher after blending.
6. Decorate with toppings of your choice and serve.





**XL SMOOTHIE BOWL MAKER EXCLUSIVE**

## ALMOND BUTTER

**PREP:** 5 MINUTES

**CONTAINER:** 18-OUNCE XL SMOOTHIE BOWL MAKER

**MAKES:** 1 CUP

### INGREDIENTS

- 1½ cups roasted almonds
- 2 tablespoons canola oil

### DIRECTIONS

1. Place all ingredients in the 18-ounce XL bowl maker in the order listed, then install the blade assembly.
2. Select iQ/Manual, and with speed 10 selected, press START/STOP to begin blending. Twist the built-in tamper counterclockwise continuously while processing until desired consistency is reached.
3. Remove blades from bowl after blending.

**TIP** For best cleaning results, wash the bowl maker and blade assembly in the dishwasher.



**XL SMOOTHIE BOWL MAKER EXCLUSIVE**

## BLACK BEAN DIP

**PREP:** 5 MINUTES

**CONTAINER:** 18-OUNCE XL SMOOTHIE BOWL MAKER

**MAKES:** 4 SERVINGS

### INGREDIENTS

- 1 can (14 ounces) black beans, drained, rinsed
- 1/3 cup salsa
- 3 garlic cloves, peels removed
- 2 teaspoon lime juice
- 2 teaspoon cumin
- 1 teaspoon water
- 1/4 teaspoon kosher salt
- 1/4 cup cilantro

### DIRECTIONS

1. Place all ingredients in the 18-ounce XL bowl maker in the order listed, then install the blade assembly.
2. Select iQ/Manual, and with speed 10 selected, press START/STOP to begin blending. Twist the built-in tamper counterclockwise continuously while processing until desired consistency is reached.
3. Remove blades from bowl after blending.



POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

## AU GRATIN POTATOES

**PREP:** 10 MINUTES

**COOK:** 1 HOUR 15 MINUTES

**CONTAINER:** 72-OUNCE PITCHER

**MAKES:** 6-8 SERVINGS

### INGREDIENTS

2 blocks (8 ounces each) sharp cheddar cheese

3 russet potatoes, peeled, cut in half

3 tablespoons butter

3 tablespoons all-purpose flour

2 1/4 cups milk

Kosher salt, as desired

Ground black pepper, as desired

3 green onions, sliced, for garnish

### DIRECTIONS

1. Preheat the oven to 400°F.
2. Install the disc spindle in the 72-ounce Pitcher. Place the Reversible Slicing/Shredding Disc, shredding side up, on the spindle. Install the feed chute lid and place 1 cheese block in the feed chute. Select DISC and press START/STOP. Use the pusher to push the cheese through the chute. Repeat with remaining cheese. When processing is complete, remove the lid, disc, and spindle and set the cheese aside.
3. Reinstall the disc spindle in the pitcher. Place the Reversible Slicing/Shredding Disc, slicing side up, on the spindle. Install the feed chute lid and place 1 potato half in the feed chute. Select DISC and press START/STOP. Use the pusher to push the potato through the chute. Repeat with remaining potatoes. When processing is complete, remove the lid, disc, and spindle and set the potatoes aside.
4. Place a large pot over medium heat with the butter. Once melted, add the flour and whisk until a light brown paste forms.
5. Slowly pour half the milk into the pot and whisk until combined. Add the remaining milk and continue to whisk until fully combined.
6. Season the sauce with salt and pepper and bring to a simmer, then cook for 3 to 5 minutes to thicken. The sauce should coat the back of a spoon.
7. While the sauce is simmering, layer the potatoes to cover the bottom of a 9" x 13" baking dish. After each layer, sprinkle the potatoes with cheese. Repeat until all the potatoes have been used.
8. Pour the sauce over the potatoes and sprinkle with any remaining cheese. Cover with foil and bake for 1 hour.
9. After 1 hour, remove the foil and bake until the cheese is golden brown, about 15 minutes.
10. When cooking is complete, remove the pan from oven and allow to cool slightly. Garnish with sliced green onions and serve.

72-OUNCE  
PITCHER



REVERSIBLE  
SLICING/  
SHREDDING DISC





POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

## PARMESAN & PANKO CRUSTED ZUCCHINI CHIPS

**PREP:** 10 MINUTES

**COOK:** 6 MINUTES

**CONTAINER:** 72-OUNCE PITCHER

**MAKES:** 4-6 SERVINGS

### INGREDIENTS

1/2 cup all-purpose flour  
2 large eggs, lightly beaten  
1 cup panko bread crumbs  
1/2 cup grated Parmesan cheese  
2 small zucchini, ends trimmed  
1/2 cup vegetable oil, divided  
Kosher salt, as desired  
Marinara sauce, for serving

### DIRECTIONS

1. Place the flour in a medium bowl. Place the beaten eggs in a second bowl. In a third bowl, combine the bread crumbs and Parmesan.
2. Install the disc spindle in the 72-ounce Pitcher. Place the Reversible Slicing/Shredding Disc, slicing side up, on the spindle. Install the feed chute lid and place 1 zucchini in the feed chute. Select DISC and press START/STOP. Use the pusher to push the zucchini through the chute. Repeat with remaining zucchini.
3. When processing is complete, remove the lid, disc, and spindle.
4. Working in batches, evenly cover the zucchini rounds by dredging in flour, dipping in the egg wash, then dredging in the bread crumb mixture.
5. Place a large skillet over medium heat with 1/4 cup vegetable oil. Once the oil is hot, carefully add the breaded zucchini rounds and cook until golden brown, 1 to 2 minutes each side.
6. Remove the zucchini from the oil, place on a plate lined with paper towel and sprinkle with salt. Repeat with remaining zucchini slices, adding oil to the pan as necessary.
7. When cooking is complete, serve chips hot with marinara sauce for dipping.

72-OUNCE  
PITCHER



REVERSIBLE  
SLICING/  
SHREDDING DISC





POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

## PARMESAN CRACKERS

**PREP:** 10 MINUTES

**COOK:** 9 MINUTES

**CONTAINER:** 72-OUNCE PITCHER

**MAKES:** 12 CRACKERS

### INGREDIENTS

6-ounce chunk Parmesan cheese

2 tablespoons everything bagel seasoning

### DIRECTIONS

1. Preheat the oven to 400°F and line two baking sheets with parchment paper.
2. Install the disc spindle in the 72-ounce Pitcher, then place the grating disc on the spindle. Install the feed chute lid and place the Parmesan in feed chute. Select DISC and press START/STOP. Use the pusher to push the Parmesan through the chute.
3. When processing is complete, remove the lid, disc, and spindle.
4. Place 2 tablespoons grated cheese on the prepared baking sheet and flatten to make a 4-inch round. Repeat with the remaining cheese, leaving a 1/2-inch space in between each round (6 per sheet). Top each round with 1/2 teaspoon of everything bagel seasoning.
5. Place both trays in the oven and bake for 6 to 9 minutes or until golden brown. Allow to cool before serving.

72-OUNCE  
PITCHER



GRATING DISC

**TIP** Can't find everything bagel seasoning at the store? Make your own by combining equal parts poppy seeds, sesame seeds, dried minced garlic, and dried minced onion.



POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

## VEGGIE FRITTERS

**PREP:** 10 MINUTES

**COOK:** 20 MINUTES

**CONTAINER:** 72-OUNCES PITCHER

**MAKES:** 10 FRITTERS

### INGREDIENTS

- 2 zucchini, ends trimmed
- 3 carrots, peeled, ends trimmed
- Kosher salt, as desired
- 2 cloves garlic, peeled, minced
- $\frac{2}{3}$  cup all-purpose flour
- 2 large eggs, lightly beaten
- $\frac{1}{3}$  cup sliced scallions
- Ground black pepper, as desired
- 2 tablespoons olive oil
- Sour cream or plain yogurt, for serving

### DIRECTIONS

1. Install the disc spindle in the 72-ounce Pitcher. Place the Reversible Slicing/Shredding Disc, shredding side up, on the spindle. Install the feed chute lid and place 1 zucchini in the feed chute. Select DISC and press START/STOP. Use the pusher to push the zucchini through the chute. Repeat with remaining zucchini and carrots.
2. When processing is complete, remove the lid, disc, and spindle.
3. Transfer zucchini and carrots to a colander, sprinkle with salt, and let sit for 10 minutes. Then use your hands and a paper towel or kitchen towel to squeeze out as much moisture as possible.
4. Place zucchini and carrots in a large bowl along with the garlic, flour, eggs, scallions, salt, and pepper and stir with a spatula until evenly combined.
5. Place a large skillet over medium-high heat with olive oil. Once the oil is hot, add  $\frac{1}{4}$  cup of the veggie mixture to the pan and flatten slightly with the back of the measuring cup.
6. Cook fritters for 3 minutes on each side or until golden brown and crispy. Transfer the fritters to a plate lined with paper towel and season with salt. Repeat with the remaining mixture.
7. Serve the fritters immediately with sour cream or yogurt for dipping.

72-OUNCE  
PITCHER



REVERSIBLE  
SLICING/  
SHREDDING DISC





POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

# SESAME SEED BUNS

**PREP:** 10 MINUTES

**RISE:** 15 MINUTES

**BAKE:** 13-15 MINUTES

**CONTAINER:** 72-OUNCE PITCHER

**MAKES:** 8 BUNS

## INGREDIENTS

- 1 tablespoon active dry yeast
- 2 tablespoons white sugar
- 1 cup warm water (110-115°F)
- 1/4 cup warm whole milk (110-115°F)
- 1 1/2 teaspoons kosher salt
- 2 large eggs, divided
- 2 tablespoons unsalted butter, softened
- 3 1/2 cups all-purpose flour
- 1 tablespoon milk
- 1 tablespoon sesame seeds

**TIP** Dough too dry? Dough too wet? Add 1 tablespoon of water or flour at a time and pulse until combined.

**TIP** For best cleaning results, wash the pitcher, lid, and blade assembly in the dishwasher.

72-OUNCE  
PITCHER



DOUGH BLADE

## DIRECTIONS

1. Preheat oven to 400°F. Line a baking sheet with parchment paper and set aside.
2. Install dough blade in the 72-ounce Pitcher. Stir together yeast, sugar, warm water, and warm milk and pour into pitcher. Allow to sit for 5 minutes.
3. After 5 minutes, add salt, 1 egg, butter, and flour to the pitcher, then install the flat lid. Select DOUGH and press START/STOP. If more mixing is needed, run on speed 1 until combined.
4. Remove the lid and dough blade. Transfer dough to a floured work surface and knead a few times with your hands, then form it into a ball. Cut the dough ball into 8 pieces. Shape each piece into a ball and place evenly spaced apart on the prepared baking sheet.
5. Loosely cover the dough balls with a clean kitchen towel and let rise for 15 minutes.
6. While the dough is rising, mix remaining 1 egg with 1 tablespoon milk in a small bowl. After 15 minutes, remove towel and brush the tops of the buns with the egg wash, then sprinkle with sesame seeds.
7. Bake for 13 to 15 minutes or until golden brown.





POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

## VEGGIE BURGERS

**PREP:** 5 MINUTES

**COOK:** 8 MINUTES

**CONTAINER:** 72-OUNCE PITCHER

**MAKES:** 4 BURGERS

### INGREDIENTS

1/2 red onion, peeled, cut in half

2 cloves garlic, peeled

2 cans black beans, rinsed, drained, divided

1 canned chipotle pepper in adobo sauce,  
plus 3 teaspoons adobo sauce

2 teaspoons ground cumin

1 teaspoon kosher salt

1 teaspoon ground black pepper

2 tablespoons salsa

1 large egg

1/2 cup panko bread crumbs

1/2 cup corn (fresh, canned, or thawed frozen)

2 tablespoons canola oil

1 head butter lettuce, leaves separated

1 avocado, sliced

72-OUNCE  
PITCHER



STACKED BLADE

### DIRECTIONS

1. Install stacked blade in the 72-ounce Pitcher. Place onion and garlic in the pitcher, then install the flat lid. Select CHOP and press START/STOP.
2. When program is complete, add half the beans, then add the chipotle pepper, adobo sauce, cumin, salt, pepper, salsa, and egg to pitcher. Reinstall the flat lid. Select CHOP and press START/STOP.
3. Once processing is complete, run CHOP program again.
4. When program is complete, remove the lid and stacked blade from pitcher and transfer black bean mixture to a bowl. Add bread crumbs, corn, and remaining black beans to the bowl and combine evenly.
5. Form 4 patties with the mixture. Heat oil in a pan over medium-high heat, then cook burgers for 4 minutes on each side.
6. When cooking is complete, serve burgers nested in lettuce leaves and topped with sliced avocado.





POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

# MEATBALLS

**PREP:** 10 MINUTES

**COOK:** 40 MINUTES

**CONTAINER:** 72-OUNCE PITCHER

**MAKES:** 4 SERVINGS

## INGREDIENTS

1/4 cup milk

1/2 cup bread crumbs

1/4 small onion, peeled, cut in 2-inch pieces

2 cloves garlic, peeled

1/4 cup parsley leaves, chopped

1 pound uncooked ground beef

1/4 cup shredded Parmesan

1/2 teaspoon crushed red pepper

1 large egg, beaten

Kosher salt, as desired

Ground black pepper, as desired

2 tablespoons all-purpose flour

1 tablespoon canola oil

1 jar (25 ounces) marinara or pasta sauce

72-OUNCE  
PITCHER



STACKED BLADE

72-OUNCE  
PITCHER



DOUGH BLADE

## DIRECTIONS

1. Preheat oven to 375°F.
2. Combine milk and bread crumbs in a small bowl and set aside.
3. Install stacked blade in the 72-ounce Pitcher. Place onion, garlic, and parsley in pitcher, then install the flat lid. Select CHOP and press START/STOP. Once processing is complete run CHOP program again.
4. Remove stacked blade. Install dough blade.
5. Place beef, bread crumb mixture, Parmesan, chili flakes, egg, salt, and pepper in pitcher.
6. Select speed 1 and run until desired consistency is reached. Remove lid and dough blade.
7. Using your hands or a 1" scoop, form meat mixture into 12 meatballs. Coat in flour.
8. Heat a large sauté pan over medium high heat. Add oil, and cook meatballs until golden brown, turning frequently.
9. Pour pasta sauce into an 8" x 8" baking dish. Place meatballs into dish and place casserole dish in oven. Cook meatballs for 40 minutes or until the internal temperature reaches 165°F.





POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

## CAULIFLOWER FRIED RICE

**PREP:** 5 MINUTES

**COOK:** 10 MINUTES

**CONTAINER:** 72-OUNCE PITCHER

**MAKES:** 2-3 SERVINGS

### INGREDIENTS

1 head cauliflower, cut in 1-inch florets

2 tablespoons canola oil

1 tablespoon garlic, minced

1 tablespoon ginger, peeled, grated

1 cup frozen mixed vegetables  
(corn, peas, carrots, green beans, etc.)

2 tablespoons soy sauce

Kosher salt, as desired

Ground black pepper, as desired

3 green onions, sliced

Sesame seeds, for garnish

72-OUNCE  
PITCHER



STACKED BLADE

### DIRECTIONS

1. Install stacked blade in the 72-ounce Pitcher. Place cauliflower in the pitcher, then install the flat lid. Select CHOP and press START/STOP. Once processing is complete, run CHOP program again.
2. Heat oil in a pan over medium-high heat, then sauté garlic and ginger until golden brown.
3. Remove lid and stacked blade. Add riced cauliflower, vegetables, soy sauce, salt, and pepper to the pan and cook until cauliflower is tender and vegetables are warmed through, for about 8 minutes.
4. Garnish with green onions and sesame seeds and serve.





POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

# TOMATO GALETTE

**PREP:** 15 MINUTES

**CHILL:** 10 MINUTES

**COOK:** 1 HOUR

**CONTAINER:** 72-OUNCES PITCHER

**MAKES:** 6-8 SERVINGS

## INGREDIENTS

4-ounce chunk smoked gouda cheese

1 1/2 pounds heirloom tomatoes, cut in half,  
ends trimmed

1 store-bough pie crust, thawed

1/4 teaspoon dried oregano

Kosher salt, as desired

Ground black pepper, as desired

1 large egg, lightly beaten

## DIRECTIONS

1. Preheat oven to 400°F and line a baking sheet with parchment paper.
2. Install the disc spindle in the 72-ounce Pitcher. Place the Reversible Slicing/Shredding Disc, shredding side up, on the spindle. Install the feed chute lid and place the cheese in the feed chute. Select DISC and press START/STOP. Use the pusher to push the cheese through the chute. When processing is complete, remove the lid, disc, and spindle. Transfer cheese to a bowl and set aside.
3. Reinstall the disc spindle in the pitcher, then place the Reversible Slicing/Shredding Disc, slicing side up, on the spindle. Install the feed chute lid and place 1 piece of tomato in the feed chute. Select DISC and press START/STOP. Use the pusher to push the tomato through the chute. Repeat with remaining tomatoes. When processing is complete, remove the lid, disc, and spindle. Transfer tomato slices to plate lined with paper towel to absorb moisture.
4. Roll out the pie dough on the prepared baking sheet. Evenly cover with cheese, leaving a 1 1/2-inch border.
5. Arrange the tomatoes on top of the cheese, then season with oregano, salt, and pepper. Fold the edges of the dough up and over filling, overlapping as needed to create a 1 1/2-inch crust.
6. Brush the dough with the egg, then chill in the refrigerator for 10 minutes.
7. After 10 minutes, place the baking sheet in the oven and cook for 1 hour, rotating halfway through. When cooking is complete, remove from oven and allow to cool before serving.

72-OUNCE  
PITCHER



REVERSIBLE  
SLICING/  
SHREDDING DISC



72-OUNCE  
PITCHER



STACKED BLADE



POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

## FRESH CITRUS MARGARITA

**PREP:** 10 MINUTES

**CONTAINER:** 72-OUNCE 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. Install stacked blade in the 72-ounce pitcher, then place all ingredients into the pitcher in the order listed. Install flat lid.
2. Press iQ/MANUAL, then press START/STOP. Turn dial to steadily increase from speed 1 to speed 10 and blend until desired consistency is reached.

NUTRIENT EXTRACTION\* CUP EXCLUSIVE

## CREAMSICLE SMOOTHIE

**PREP:** 5 MINUTES

**CONTAINER:** 24-OUNCE SINGLE-SERVE CUP

**MAKES:** 1 SERVING

### INGREDIENTS

- 1 1/2 cups frozen peach slices
- 1 orange, peeled, cut in quarters, seeds removed
- 1/4 cup vanilla Greek yogurt
- 1/2 cup orange juice

### DIRECTIONS

1. Place all ingredients in the 24-ounce single-serve cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE and press START/STOP.
3. Remove blades from cup after blending.

SINGLE-SERVE  
CUP



SINGLE-SERVE  
CUP



NUTRIENT EXTRACTION\* CUP EXCLUSIVE

## ORANGE RASPBERRY SMOOTHIE

**PREP:** 5 MINUTES

**CONTAINER:** 24-OUNCE SINGLE-SERVE CUP

**MAKES:** 1 SERVING

### INGREDIENTS

- 2 oranges, peeled, cut in quarters
- 1/4 cup vanilla Greek yogurt
- 1/2 cup milk
- 1 cup frozen raspberries

### DIRECTIONS

1. Place all ingredients in the 24-ounce single-serve cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE and press START/STOP
3. Remove blades from cup after blending.

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

NUTRIENT EXTRACTION\* CUP EXCLUSIVE

## MINT PINEAPPLE REFRESHER

**PREP:** 5 MINUTES

**CONTAINER:** 24-OUNCE SINGLE-SERVE CUP

**MAKES:** 1 SERVING

### INGREDIENTS

- 1/2 green apple, cut in quarters
- 1 cup pineapple, cut in 1-inch chunks
- 1/2 teaspoon lime juice
- 5 mint leaves
- 1/4 cup coconut water
- 2 ice cubes

### DIRECTIONS

1. Place all ingredients in the 24-ounce single-serve cup in the order listed, then install the blade assembly.
2. Select EXTRACT and press START/STOP.
3. Remove blades from cup after blending.

**TIP** If you're not a fan of mint, or want to enhance the pineapple flavor in this recipe, omit the mint.

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

SINGLE-SERVE  
CUP







NUTRIENT EXTRACTION\* CUP EXCLUSIVE

## GINGER ORANGE EXTRACT

**PREP:** 5 MINUTES

**CONTAINER:** 24-OUNCE SINGLE-SERVE CUP

**MAKES:** 1 SERVING

### INGREDIENTS

1-inch piece ginger, peeled, cut in quarters

1 orange, peeled, cut in quarters

1/3 cup raspberries

1/2 cup orange juice

1/2 cup frozen pineapple chunks

1/2 cup frozen mango chunks

SINGLE-SERVE  
CUP



### DIRECTIONS

1. Place all ingredients in the 24-ounce single-serve cup in the order listed, then install the blade assembly.
2. Select EXTRACT and press START/STOP.
3. Remove blades from cup after blending.

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



POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

## BLUEBERRY MUFFINS

**PREP:** 5 MINUTES

**BAKE:** 15-20 MINUTES

**CONTAINER:** 72-OUNCE PITCHER

**MAKES:** 12 MUFFINS

### INGREDIENTS

1 stick (8 ounces) unsalted butter, softened

1 cup granulated sugar, plus more for sprinkling

2 large eggs

2 cups all-purpose flour

1 tablespoon baking powder

1 teaspoon kosher salt

1/2 cup whole milk

2 cups fresh or frozen blueberries

### DIRECTIONS

1. Preheat oven to 325°F and prepare one 12-muffin tin with muffin liners.
2. Install the dough blade in the 72-ounce Pitcher, then add butter, sugar, and eggs. Install the flat lid, then select DOUGH and press START/STOP.
3. Once processing is complete, remove the lid and add the remaining ingredients except for blueberries. Reinstall the lid and run the DOUGH program again.
4. Once complete, remove the lid and dough blade. Add blueberries and stir in with a spatula.
5. Next, divide the batter among the 12 cups and sprinkle each one with sugar.
6. Bake for 15 to 20 minutes or until golden brown.

**TIP** Use a rubber spatula to scrape down sides of pitcher, as needed.

**TIP** For best cleaning results, wash the pitcher, lid, and blade assembly in the dishwasher.

72-OUNCE  
PITCHER



DOUGH BLADE





POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

# CHOCOLATE CHIP COOKIES

**PREP:** 10 MINUTES

**BAKE:** 8-10 MINUTES

**CONTAINER:** 72-OUNCE PITCHER

**MAKES:** 24 COOKIES

## INGREDIENTS

$\frac{3}{4}$  cup granulated sugar

$\frac{3}{4}$  cup brown sugar

1  $\frac{1}{2}$  sticks ( $\frac{3}{4}$  cup) butter, cut in cubes, softened

$\frac{3}{4}$  teaspoon vanilla extract

2 large eggs

$\frac{3}{4}$  teaspoon baking soda

$\frac{3}{4}$  teaspoon kosher salt

1  $\frac{3}{4}$  cup all-purpose flour

1 cup chocolate chips

## DIRECTIONS

1. Preheat oven to 375°F.
2. Install the dough blade in the 72-ounce Pitcher. Then place sugars, butter, vanilla extract, and eggs in the pitcher. Install the flat lid. Select DOUGH and press START/STOP.
3. Remove the lid and add remaining ingredients. Reinstall the lid, then run DOUGH program again. If more mixing is needed, run on speed 1 until combined.
4. Remove the lid and the dough blade. Stir in chocolate chips evenly with a wooden spoon or spatula.
5. Form dough into 1-inch balls and place on a baking sheet, evenly spaced. Bake for 8 to 10 minutes or until golden brown.

**TIP** Use a rubber spatula to scrape down sides of pitcher, as needed.

**TIP** For best cleaning results, wash the pitcher, lid, and blade assembly in the dishwasher.

72-OUNCE  
PITCHER



DOUGH BLADE

**NINJA**  
**Foodi**

**POWER BLENDER**  
**ULTIMATE SYSTEM**

SS401\_IG\_20Recipe\_MP\_Mv8

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