Please make sure to read the enclosed Ninja® Safety Instructions prior to using your unit.









WITH AUTO-IQ®







Professional processing, in your kitchen.

Introducing the Ninja® XL Professional Food Processor.

From here you are only a few steps away from recipes, tips, tricks, and helpful hints to help guide you on your way to professional quality snacks, dips, sauces, entrees, and more.

Now let's get started!

For more exciting delicious recipes, visit ninjatestkitchen.com

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Food Processing 101

Tips and tricks for the slicing and shredding discs

NOTE: Install the disc spindle in the processor bowl before installing the disc assembly.



Reversible Shredding Disc (Not included with all models)

Whether you want to shred carrots, cabbage, lettuce, or anything else in between, you can choose what size you prefer. Choose the side labeled FINE for ingredients such as shredded carrots, or face the side labeled COARSE up for ingredients such as shredded cabbage. See page 21 for recipe.



Adjustable Slicing Disc

(Not included with all models)

Create perfect slices with the adjustable slicing disc. Twist the dial on the bottom of the disc counterclockwise to customize slice width from 0.3mm-8mm. Perfect for mushrooms, cucumbers, and potatoes. See page 9 for recipe.

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

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



Nesting Workbowl

(Not included with all models)

The 4.5-Cup Nesting Workbowl is perfect for processing smaller amounts of ingredients. Simply place the workbowl in the 12-cup Precision Processor® Bowl so the arrow on the workbowl aligns with the arrow on the processor bowl handle. Install the spindle in the center of the workbowl so it sits on the workbowl's drive gear. Then place the small chopping blade on top of the spindle, and enjoy the endless possibilities. To remove the workbowl, grasp from the textured center portion and pull up. See page 15 for recipe.

NOTE: Ingredients should be prepped so they fall between the blades and do not sit above them.

Food Pusher 101

Getting to know the 3-part food pusher

Using the 3-part pusher

New and improved to accommodate even the largest of ingredients. Allows food prep to be minimal and easy. The pusher can be assembled into 3 different sizes to customize.



Small Food Pusher

Use the small food pusher to feed ingredients through the large and medium food pushers assembled into the lid. It is perfect for smaller ingredients such as carrots.



Medium Food Pusher

Use the small and medium pushers to feed ingredients through the large pusher assembled into the lid. Perfect for medium-sized ingredients such as zucchini.



Large Food Pusher

Use all 3 food pushers to feed larger ingredients directly into the lid. Perfect for larger ingredients such as potatoes. Large feed chute pusher must be assembled before selecting program.

NOTE: DO NOT exceed the **CHUTE FILL MAX** line on the large feed chute. Unit will not run if ingredients exceed this line.

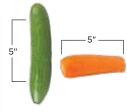
NOTE: Large food pusher must be installed for the unit to run.



NOTE: Place ingredients in the smallest possible of the 3 feed chutes for most even output.

NOTE: Large food pusher must be installed for the unit to run.





Food Prep Tips

Trim ingredients into 4" to 5" pieces or slightly over 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.

Dough basics 101

Loading tips for making different doughs and batters

NOTE: The dough program can **ONLY** be run 3 times continuously. After running dough program, additional kneading should be done by hand on a work surface.







COOKIES

Unit can make a max of 57 one (1) ounce cookies at a time.

- Add sugars, cubed softened butter, eggs, and liquids (such as vanilla extract), then select DOUGH.
- 2. Add all dry ingredients and run the DOUGH program again. If more mixing is needed, run on PULSE until combined.
- 3. Add mix-ins (such as chocolate chips, raisins, and nuts) and PULSE to combine.







CAKES, BROWNIES, MUFFINS & QUICK BREADS

- Add sugars, softened cubed butter/oils, eggs, and liquids (such as vanilla extract), then select DOUGH.
- 2. Add all dry ingredients and run the DOUGH program again.
- 3. Add mix-ins (such as chocolate chips, raisins, and nuts). PULSE until combined.







PIZZAS, PRETZELS, BAGELS & BREAD DOUGHS

- Add ingredients in the order listed in the recipe, then select DOUGH.
- 2. Remove dough ball and knead to combine, if needed.







BISCUITS, PIES & SCONES

- First add dry ingredients and cubed cold butter or shortening, then select DOUGH.
- Add cold liquids (such as cold milk or water) and run the DOUGH program again.
- **3.** Remove dough ball and knead to combine, if needed.

NOTE: For best results, **DO NOT** run the **DOUGH** program more than twice when making biscuits, pies & scones.



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 sides of pitcher and dough ball forms.



VEGETABLE EGG ROLLS WITH DIPPING SAUCE

PREP: 10-15 MINUTES
COOK: 20 MINUTES
MAKES: 12 EGG ROLLS

INGREDIENTS

1/2 head green cabbage, cut in 2-inch pieces

5 large carrots, peeled, ends trimmed

1 tablespoon sesame oil

3 scallions, chopped

2 cloves garlic, peeled, minced

1 tablespoon minced ginger

1 quart plus 2 tablespoons vegetable or canola oil

1/4 cup soy sauce

1 tablespoon rice vinegar

2 teaspoons corn starch

¹/₂ cup water, room temperature

12 egg roll wrappers, 6 inches in diameter, room temperature

DIPPING SAUCE

1 1/2 tablespoons soy sauce

1 tablespoon minced ginger

2 cloves garlic, peeled

¹/₂ teaspoon sambal oelek chili paste

1/4 cup packed brown sugar

¹/₂ cup water, room temperature



DIRECTIONS

- Install the disc spindle in the XL Precision Processor® Bowl. Set the adjustable slicing disc to Setting 3 and place the disc on the spindle. Place the disc slicing side up.
- Install lid and place cabbage into feed chute with the large food pusher installed. Select DISC, and using the small and medium pusher, guide the cabbage through the chute. Transfer cabbage to a large bowl.
- 3. Replace the adjustable slicing disc with the reversible shredding disc, coarse side up, on the spindle. Install lid and place carrots in smallest section of feed chute. Select DISC, and using the pusher, push the carrots through the chute. When all carrots have been shredded, press DISC again to stop the program. Transfer carrots to the bowl with cabbage.
- 4. Place a wide, deep skillet over medium-low heat and add the sesame oil. When the oil is hot, add the green onions, garlic, and ginger. Cook until fragrant, about 5 minutes. Add 2 tablespoons vegetable oil, carrots, and cabbage to the skillet and cook down for about 5 minutes, stirring occasionally.
- 5. While the vegetables are cooking, prepare the glaze. In a small bowl, add the soy sauce, rice vinegar, and corn starch. Whisk to combine. Add the glaze mixture to the vegetables and continue to cook until the glaze has thickened, about 5 minutes. Remove from heat and set aside to cool for 5 to 10 minutes.

- 6. To prepare the dipping sauce, wipe the processor bowl clean and install the chopping blade. Place all dipping sauce ingredients in the bowl. Install the lid and select HIGH. When processing is complete, transfer dipping sauce to a small bowl and set aside.
- 7. Prepare a rolling station. Place 1/2 cup water in a small bowl. Place an egg roll wrapper diagonally on a clean work surface (with a corner facing you). Place 2 tablespoons of the vegetable mixture in the center of the wrapper and evenly spread.
- 8. Starting at the bottom, tightly roll the edge over the filling, then fold in the sides and continue to roll. Dip your finger in the water and dab the edges to seal the wrapper closed. Repeat with remaining wrappers and ingredients.
- 9. Wipe the skillet clean and turn burner to high heat. Add 1 ½ inches of canola oil. When the oil reaches 325°F, add the egg rolls 4 at a time and cook until golden brown, about 1 to 2 minutes per side.
- **10.** Transfer the egg rolls to a paper towel-lined plate. Serve with prepared dipping sauce.



SWEET POTATO LATKES WITH CHIVE SOUR CREAM

BLADE

CHOPPING

REVERSIBLE SHREDDING DISC





PREP: 10 MINUTES COOK: 30 MINUTES MAKES: 16-18 LATKES

INGREDIENTS

2 pounds sweet potatoes, peeled, ends trimmed. and sides squared off (approx. 3 large sweet potatoes)

1 small onion, peeled, ends trimmed

2 large eggs, lightly beaten

1/3 cup all-purpose flour

1 teaspoon paprika

Dash cavenne pepper

1 bunch fresh chives. finely chopped, divided

1 tablespoon kosher salt

1 tablespoon ground black pepper

3/4 cup canola oil, plus more as needed

1 cup sour cream

DIRECTIONS

- 1. Install the disc spindle in the XL Precision Processor® Bowl. Place the reversible shredding disc, fine side up, on the disc spindle.
- 2. Install the lid and place the sweet potatoes in the large feed chute one by one, propping each potato up against the left wall of the feed chute to keep steady. Trim the potato as necessary to fit in chute. Select DISC, then use the pusher to push the sweet potatoes through the chute. When all sweet potatoes are shredded, press DISC again to stop the program. Transfer sweet potatoes to a large bowl and, using a clean dish towel, squeeze to remove excess moisture.
- 3. Install the chopping blade in the processor bowl, then add the onion, install the lid, and select CHOP. When processing is complete, select CHOP again and process until the onion is finely chopped.
- **4.** Transfer the onion to a clean dish towel and squeeze to remove excess moisture, then add to the bowl with the sweet potatoes.
- 5. In the bowl with the sweet potatoes, add eggs, flour, paprika, cayenne, half the chives, salt, and pepper. Mix well to combine.
- 6. Place a large skillet over medium-high heat and add the oil. When the oil is hot, use a 1/4 cup measure to scoop the latke mixture into the skillet and press flat with a spatula. You should be able to fit 4 latkes in the skillet at a time.
- 7. Cook until golden brown on each side, 3 to 5 minutes per side. If the pan appears dry, add more oil as necessary. Transfer cooked latkes to a paper towel-lined plate and season with salt.
- 8 In a small bowl, add the remaining chives and sour cream and mix until fully combined. Serve latkes with chive sour cream.

TIP Gluten-free flour can be swapped in for all-purpose flour.



CHOPPED KALE SALAD

PREP: 10 MINUTES
MAKES: 6-8 SERVINGS



INGREDIENTS

16 ounces kale, stems removed

1 cup dried cranberries

1 cup candied walnuts

1 navel orange, peeled, cut in half, thinly sliced

1/2 cup shredded carrot

¹/₂ cup shredded Parmesan cheese

DRESSING

1 cup extra-virgin olive oil

1/3 cup fresh orange juice (about 2 oranges)

2 tablespoons white balsamic vinegar

1 clove garlic, peeled

1 teaspoon kosher salt

1 teaspoon ground black pepper

1 tablespoon Dijon mustard

DIRECTIONS

- 1. Install the chopping blade in the XL Precision Processor* Bowl. Working in batches, place 1/3 of the kale in the bowl. Install the lid, then select CHOP. When the program has completed, run the CHOP program again. Place chopped kale into a large mixing bowl and repeat this step with the remaining batches of kale.
- 2. Wipe the bowl clean and reinstall the chopping blade. Add all dressing ingredients to the bowl in the order listed and install the lid. Select PUREE.
- **3.** To assemble the salad, massage the kale with half of the prepared dressing. Then top with dried cranberries, candied walnuts, orange slices, carrot, and Parmesan cheese. Drizzle with remaining dressing and serve.

TIP Use the reversible shredding disc to shred whole carrots and Parmesan cheese.

TIP Swap romaine lettuce for kale for a more neutral flavor.



CAESAR DRESSING

PREP: 10 MINUTES

MAKES: 2 SERVINGS (APPROX.1 CUP)



INGREDIENTS

2 tablespoons red wine vinegar

1 clove garlic, peeled

1 teaspoon Dijon mustard

1/2 teaspoon lemon juice

1/2 teaspoon kosher salt

1/4 teaspoon ground black pepper

³/₄ cup extra-virgin olive oil or vegetable oil

1/4 cup Parmesan cheese, grated

DIRECTIONS

- Install the 4.5-Cup Nesting Workbowl in the XL Precision Processor® Bowl. Install the disc spindle and assemble the small chopping blade on top.
- Add all ingredients except the olive oil and Parmesan cheese to the nesting workbowl and install the lid. Select PUREE.
- When processing is complete, select PUREE again. While the program is running, drizzle the olive oil through the small feed chute. When processing is complete, add the Parmesan cheese through the medium feed chute and PULSE until thoroughly combined. Scrape down the sides of the bowl as necessary.
- **4.** Serve over your favorite Caesar salad recipe. The dressing can be stored in an air-tight container in the refrigerator for up to a month.

TIP For extra umami flavor, add 1 to 2 anchovies in step 2.



ROASTED CARROT HUMMUS

PREP: 30 MINUTES
COOK: 20 MINUTES

MAKES: 5-6 SERVINGS (APPROX. 2 CUPS)

INGREDIENTS

4 large carrots, trimmed, cut in quarters

¹/₂ cup + 1 tablespoon extra-virgin olive oil

1 teaspoon cumin

1 tablespoon kosher salt

1 teaspoon ground black pepper

2 cans (15.5 ounces) chickpeas, drained and rinsed

1/4 cup tahini

2 tablespoons lemon juice

3 cloves garlic, peeled

DIRECTIONS

- Preheat oven to 400°F. Place carrots on a baking sheet and toss with 1 tablespoon olive oil, cumin, salt, and pepper. Place the carrots in the oven and cook for 20 minutes, rotating tray and flipping carrots halfway through. When cooking is complete, let carrots cool completely before making hummus.
- 2. When the carrots are cooled, prepare the hummus. Install the chopping blade in the XL Precision Processor* Bowl. Add carrots and remaining ingredients, then install lid. Select PUREE.
- **3.** When processing is complete, transfer hummus to an airtight container and store in the refrigerator for up to two weeks.

TIP For another vibrant hummus option, use purple carrots.



COCOA CASHEW NUT BUTTER

PREP: 15 MINUTES

MAKES: 4 SERVINGS (APPROX.1 CUP)

INGREDIENTS

1 ½ cups roasted unsalted cashews

2 tablespoons unsweetened cocoa powder

2 tablespoons coconut oil, plus more if needed

2 tablespoons honey

1/2 teaspoon kosher salt

DIRECTIONS

- Install the 4.5-Cup Nesting Workbowl in the XL Precision Processor® Bowl. Install the disc spindle and assemble the small chopping blade on top.
- 2. Add cashews to the workbowl and install the lid. Select PUREE. When processing is complete, scrape down the ledge and sides of the bowl, removing the blade to get underneath if necessary. Repeat this step two more times for a total of 3 runs.
- 3. Add the remaining ingredients. Select PULSE, holding the button down for 5-second intervals, and process until all ingredients are evenly combined, about 30 seconds. Scrape down the bowl, add more coconut oil if a silkier texture is desired, and PULSE again as needed.
- **4.** Store in an airtight container in the refrigerator for up to 1 month.

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BBQ CHICKEN BURGERS WITH TRADITIONAL **COLESLAW**

PREP: 15 MINUTES COOK: 20 MINUTES MAKES: 8-10 SERVINGS

INGREDIENTS

COLESLAW

1/2 head red cabbage, cut in 2-inch pieces

1/2 head green cabbage, cut in 2-inch pieces

4 carrots, peeled, trimmed

2 cups mayonnaise

4 tablespoons apple cider vinegar

1/4 cup granulated sugar

1 teaspoon kosher salt

1 teaspoon ground black pepper

BURGERS

1 pound uncooked, boneless, skinless chicken breasts 1 pound uncooked, boneless, skinless chicken thighs

1/2 cup Italian-style bread crumbs

2 large eggs, lightly beaten

1 tablespoon garlic powder

1 teaspoon paprika

1 tablespoon kosher salt

1 tablespoon ground black pepper

4 tablespoons canola oil, divided

1½ cups prepared barbecue sauce, divided





SLICING DISC







DIRECTIONS

- 1. Install the disc spindle in the XL Precision Processor® Bowl. Set the adjustable slicing disc to Setting 3 and place the disc on the spindle.
- 2. Install lid and place pieces of red cabbage in medium section of the feed chute. Select DISC, then using the pusher, push the red cabbage through the chute. When all red cabbage has been sliced, press DISC again to stop the program. Transfer red cabbage to a large bowl.
- **3.** Repeat steps 1 and 2 with the green cabbage. Transfer green cabbage to the large bowl with the red cabbage.
- 4. Remove the adjustable slicing disc and put the reversible shredding disc on the disc spindle, coarse side up.
- **5.** Install lid and place carrots in smallest section of the feed chute. Select DISC, then using the pusher, push the carrots through the chute. When all carrots have been shredded, press DISC again to stop the program. Transfer carrots to the bowl with the cabbage.

- 6. Wipe the bowl clean, then install the chopping blade. Add mayonnaise, apple cider vinegar, sugar, salt, and pepper. Install the lid, select HIGH and run for 30 seconds. Press HIGH again to stop the program when ingredients are well-combined. Transfer the mayonnaise mixture to the bowl with the cabbage and carrots and toss well to combine. Cover and place in the refrigerator until plating.
- 7. Wipe the bowl clean and reinstall the chopping blade. Place all burger ingredients except oil and barbecue sauce in the bowl. Install the lid, select HIGH, and run until ingredients are fully combined. Press HIGH again to stop the program.
- 8. Using a 1/4 cup, scoop the burger mixture and form into 8 ³/₄-inch patties.
- 9. Place a large nonstick skillet over medium heat with 2 tablespoons canola oil. When the oil is hot, place four burgers in the pan and cook for about 5 minutes per side or until a digital thermometer reads 165°F. During the last two minutes of the cooking time, brush the tops of each burger with 2 tablespoons barbecue sauce. No need to flip. Remove the burgers from the skillet, place on a platter, and cover with aluminum foil to keep warm.
- 10. Repeat step 9 with the remaining burgers. canola oil, and barbecue sauce.
- 11. When cooking is complete, place the burgers on the buns and top with the prepared coleslaw.

TIP Top burgers with extra barbecue sauce, if desired.



BROCCOLI CHEDDAR SOUP

PREP: 15 MINUTES COOK: 40 MINUTES MAKES: 5-7 SERVINGS

INGREDIENTS

6 tablespoons unsalted butter, divided

1 large yellow or white onion, peeled, cut in quarters

12 ounces broccoli florets

4 large carrots, ends trimmed, peeled

2 blocks (8 ounces each) sharp cheddar, yellow or white

3 garlic cloves, peeled, finely minced

1/2 cup all-purpose flour

3 cups chicken or vegetable stock

1 cup whole milk

2 cups heavy cream

1 tablespoon kosher salt

2 teaspoons ground black pepper

DIRECTIONS

- 1. Install the chopping blade in the XL Processor Bowl, then add the onion quarters and press CHOP. Place a large pot over medium-low heat and add 2 tablespoons butter. When the butter is melted. add the onion, and cook until translucent, stirring occasionally, about 10 minutes.
- 2. While the onion is cooking, prepare the broccoli. Install the chopping blade in the XL Precision Processor® Bowl, then add the broccoli florets to the bowl. Install the lid. then select CHOP. When the program has completed, run the CHOP program again, then transfer chopped broccoli to a large bowl.
- **3.** Remove the chopping blade and install the disc spindle. Place the reversible shredding disc, coarse side up, on the spindle.
- **4.** Install the lid and place carrots in smallest section of feed chute. Select DISC, then use the pusher to push carrots through the chute. When all carrots are shredded, press DISC again to stop program. Transfer carrots to a medium bowl.

5. Wipe the bowl clean. Place the reversible shredding disc, fine side up, on the disc spindle. Select DISC, then place the first block of cheese in the medium feed chute. Use the pusher to push the cheese through. Next, add the second block of cheese. When processing is complete, press DISC again to stop the program. Add cheese to a separate medium bowl.

CHOPPING

BLADE

REVERSIBLE

SHREDDING DISC

- **6.** When onions are translucent, add broccoli, carrots, and garlic. Let mixture cook down for 3 minutes, then add the remaining butter and flour and continue to stir for 2 more minutes until evenly coated. Add the stock, milk, heavy cream, cheese, salt, and pepper. Stir until fully combined.
- 7. Turn the heat to low and let soup simmer for 25 minutes, stirring occasionally, or until desired thickness is reached.

TIP Save some broccoli and cheese to use as toppings.



APPLE CRISP

PREP: 10 MINUTES **COOK:** 40 MINUTES MAKES: 8-12 SERVINGS



INGREDIENTS

Nonstick cooking spray 2 sticks butter, cold, cubed 3 or 4 honey crisp apples, peeled, cut in half, cores removed 3 or 4 granny smith apples, peeled, cut in half, cores removed 2 tablespoons lemon juice 2 1/2 teaspoons ground cinnamon, divided 1 cup + 2 tablespoons

packed brown sugar, divided 1 cup + 2 tablespoons

granulated sugar, divided 1½ cups oats

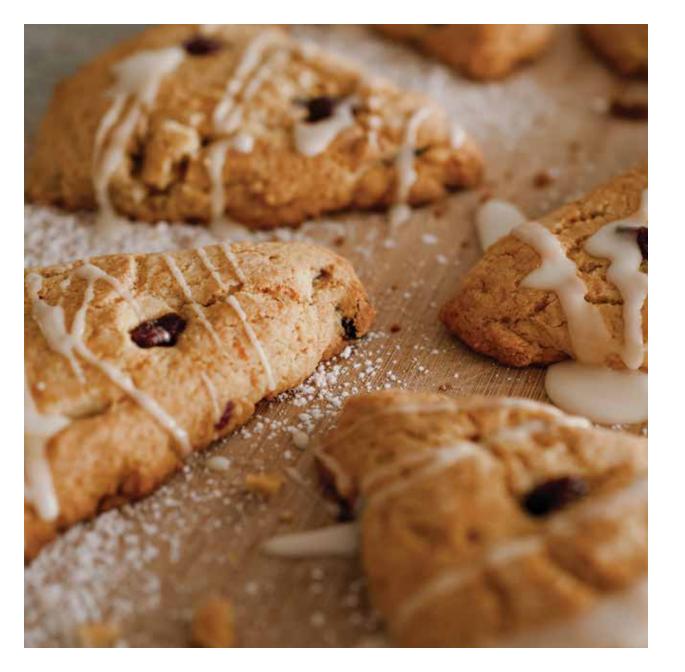
1 cup all-purpose flour

TOPPING (optional) Vanilla ice cream, as desired

DIRECTIONS

- 1. Preheat oven to 350°F. Grease a 9" x 13" baking dish with nonstick cooking spray.
- 2. Install the disc spindle in the XL Precision Processor® Bowl. Set the adjustable slicing disc to Setting 3 and place the disc on the spindle.
- 3. Install the lid and place an apple half in the largest section of the feed chute. Or, insert the apple halves in the medium feed chute if they can fit. Install the pusher over the apple, select DISC, then push the apple through the chute. Repeat with remaining apples. When all apples are sliced, press DISC again to stop the program. Remove the lid and transfer apples to a large bowl.
- **4.** In the bowl with the apples, add the lemon juice, $\frac{1}{2}$ teaspoon cinnamon, 2 tablespoons brown sugar, and 2 tablespoons granulated sugar, then toss to coat evenly and set aside.
- 5. To make the crumble topping, install the dough blade in the processor bowl. Add the remaining cinnamon, brown sugar, granulated sugar, oats, flour, and butter. Install the lid and select DOUGH. When the program has completed, remove the lid.
- 6. Transfer the apples to the prepared baking dish and evenly top with the crumble topping mixture. Place the baking dish in the oven on the middle rack and bake for 40 minutes or until the crumble topping is golden brown.
- 7. Remove from oven and allow to cool for 5 minutes before serving. Top with vanilla ice cream, as desired.

TIP For a thicker apple, slice on Setting 5 with the adjustable slicing disc.



CRANBERRY **LEMON SCONES**

PREP: 10 MINUTES COOK: 25-30 MINUTES **MAKES: 8 SCONES**





INGREDIENTS

DOUGH

2 cups all-purpose flour, plus 1 tablespoon for dusting 1/3 cup granulated sugar 1 tablespoon baking powder 1/2 teaspoon Kosher salt Zest of 1 lemon 1 stick cold butter, cubed 1 large egg

1/4 cup sour cream 1/2 teaspoon vanilla extract 1/2 cup dried cranberries

3 tablespoons heavy cream, for brushing scone tops

GLAZE

2 cups confectioners' sugar 1/4 teaspoon vanilla extract Juice of 1 lemon (approx. 3 tablespoons)

TIP Gluten-free flour can be swapped in for all-purpose flour.

TIP Swap in raisins or nuts for dried cranberries, if preferred.

DIRECTIONS

- 1. Preheat oven to 400°F. Line a large baking sheet with parchment paper and set aside.
- 2. Install the dough blade in the XL Precision Processor® Bowl. Place all dough ingredients, except cranberries and heavy cream, in bowl. Install the lid. then select DOUGH.
- 3. When program is complete, add the cranberries, select PULSE, and process until the cranberries are evenly distributed throughout the dough.
- **4.** Lightly flour a clean work surface with 1 tablespoon of flour. Roll the dough out into a 10-inch round, 1-inch thick, then cut in 8 equal triangles.
- **5.** Transfer the dough triangles onto the prepared pan and brush with heavy cream.
- 6. Place the pan in the oven and bake for 25 to 30 minutes or until golden brown.
- **7.** When cooking is complete, allow scones to cool slightly.
- **8.** While the scones are cooling, prepare the glaze. Wipe the bowl clean, install the chopping blade, then add all glaze ingredients. Install the lid, select LOW, and process until evenly combined, stopping to scrape the sides as necessary. Press LOW again to stop the program when ingredients are evenly combined.
- 9. Allow the scones to cool for about 10 to 15 minutes. Then drizzle with the prepared glaze and serve.

