

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



# QUICK START GUIDE

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+ 20 DELICIOUS RECIPES

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# NINJA® NUTRI-BLENDER PRO

## QUICK ASSEMBLY

### PARTS



**SINGLE-SERVE CUP**

**NOTE:** Number and size of cups vary by model.



**SPOUT LID**

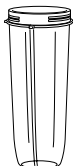


**PRO EXTRACTOR BLADES® ASSEMBLY**

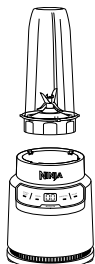
### ASSEMBLY



**1.** Fill Single-Serve Cup with desired contents.



**2.** Screw on Pro Extractor Blades Assembly clockwise until you have a tight seal.



**3.** Flip cup upside down and lower it onto base.



**4.** Turn cup clockwise to lock in place.

### BLEND & ENJOY



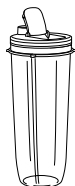
**1.** Select any of the illuminated programs to begin blending.



**2.** When blending is complete, turn cup counterclockwise and lift to remove.



**3.** Turn blade assembly counterclockwise to remove.



**4.** Place Spout Lid on top of cup and turn clockwise to lock in place.

Once the Single-Serve Cup is locked onto base, select the blending option for your ingredients.

### CLEANING

**DISHWASHER:** The containers, lids, and blade assembly are all dishwasher safe. Ensure the blade assembly is removed from the lid container before placing in the dishwasher.

**HAND-WASHING:** Wash containers, lids, and blade assembly in warm, soapy water. When washing the blade assembly, use a dishwashing utensil with a handle.

## NINJA® NUTRI-BLENDER PRO

### AUTO-IQ® PROGRAMS

Intelligent preset programs that combine unique blending and pausing patterns that do the work for you. Once a preset program is selected, it will start immediately and automatically stop when blending is complete. To stop blending before the end of the program, press the currently active button again.



**CRUSH:** Turn ice, juices, and fruit into expertly blended frozen drinks.

**SMOOTHIE:** Combine your favorite fresh or frozen ingredients, liquids, and powders to create smoothies and protein shakes.

### MANUAL PROGRAMS

**START/STOP:** Press once to start continuous running up to 60 seconds; press again to stop. Can also be pressed to stop a running Auto-iQ program.

**NOTE:** Manual programs cannot be used in conjunction with any Auto-iQ programs.

**PULSE:** Offers greater control of pulsing and blending. Operates only when **PULSE** is pressed. Use short presses for short pulses and long presses for long pulses.

### 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 Pro Extractor Blades® Assembly to the cup, remove some ingredients.



**WARNING:** Always unplug your blender base before cleaning.



**WARNING:** Handle the blade assemblies with care when washing, as the blades are sharp. Contact with the blades' edges can result in laceration.



**WARNING:** Handle the Pro Extractor Blades Assembly with care, as the blades are sharp.

## ORANGE BLUSH

**PREP:** 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (16-OUNCE) SERVINGS

### INGREDIENTS

1 cup watermelon, cut in 1-inch pieces  
2 cups orange juice  
1 cup frozen strawberries  
1/2 cup ice cubes

### DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

## THE GREEN NINJA SMOOTHIE

**PREP:** 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (16-OUNCE) SERVINGS

### INGREDIENTS

2 cups plant-based milk  
6 strawberries, hulled, cut in quarters  
3 cups spinach  
2 small frozen bananas, cut in quarters

### DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

## MAPLE ALMOND BUTTER SMOOTHIE

**PREP:** 2 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (16-OUNCE) SERVINGS

### INGREDIENTS

1 1/2 cups almond milk  
3 tablespoons almond butter  
2 tablespoons maple syrup  
3 small frozen bananas, cut in quarters  
1/2 cup ice cubes

### DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

## VANILLA PEACH COBBLER SMOOTHIE

**PREP:** 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 3 (10-OUNCE) SERVINGS

### INGREDIENTS

2 cup whole milk  
2 scoops vanilla protein powder  
2 teaspoon ground nutmeg  
2 teaspoon ground cinnamon  
1 cup frozen peach slices

### DIRECTIONS

1. Place all ingredients into the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly..
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

## BAHAMA MAMA

**PREP:** 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 3 (10-OUNCE) SERVINGS

### INGREDIENTS

2 cups whole milk  
 1 tablespoon granulated sugar  
 1 cup frozen mango chunks  
 1 cup frozen pineapple chunks  
 1 small frozen banana, cut in quarters  
 5 frozen strawberries

### DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

## CHOCOLATE PEANUT BUTTER & OAT SMOOTHIE

**PREP:** 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 3 (10-OUNCE) SERVINGS

### INGREDIENTS

1½ cups oat milk  
 ½ cup oats  
 2 tablespoons cocoa powder  
 2 tablespoons creamy peanut butter  
 2 tablespoons maple syrup  
 1 teaspoon vanilla extract  
 1 small frozen banana, cut in quarters  
 1 cup ice cubes

### DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

## BERRIES, MILK & HONEY SMOOTHIE

**PREP:** 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 3 (10-OUNCE) SERVINGS

### INGREDIENTS

1½ cups milk of choice  
 2 tablespoons honey  
 1 cup raspberries  
 1 cup blackberries  
 1 cup frozen strawberries

### DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

## APPLE PEANUT BUTTER SMOOTHIE

**PREP:** 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 3 (10-OUNCE) SERVINGS

### INGREDIENTS

2 apples of choice, unpeeled, cored, cut in 1-inch pieces  
 1 cup oat milk  
 1 teaspoon vanilla extract  
 2 tablespoons peanut butter  
 1 teaspoon ground cinnamon  
 ½ cup ice cubes

### DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

CRUSH

## FROZEN GINGER MINT MOCKTAIL

**PREP:** 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (16-OUNCE) SERVINGS

### INGREDIENTS

2 oranges, peeled, cut in quarters, seeds removed  
1/2 cup lemon juice  
1 cup orange juice  
1 tablespoon fresh ginger, grated  
5 fresh mint leaves  
1/3 cup granulated sugar  
1 cup ice cubes

### DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

CRUSH

## FROZEN HOT CHOCOLATE

**PREP:** 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (16-OUNCE) SERVINGS

### INGREDIENTS

2 cups milk of choice  
2 packets (2.5 ounces) hot chocolate powder  
3 scoops vanilla ice cream  
1/2 cup ice cubes  
Whipped topping, optional

### DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

CRUSH

## VIRGIN MANGO DAIQUIRI

**PREP:** 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (16-OUNCE) SERVINGS

### INGREDIENTS

Juice of 2 limes  
3/4 cup simple syrup  
1 cup frozen mango chunks  
1 cup frozen pineapple chunks

### DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

CRUSH

## FROZEN WHITE RUSSIAN

**PREP:** 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 3 (10-OUNCE) SERVINGS

### INGREDIENTS

1 cup milk of choice  
4 ounces coffee liqueur  
4 ounces Irish cream liqueur  
3 scoops vanilla ice cream  
1 1/2 cups ice cubes

### DIRECTIONS

1. Place all ingredients into the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

CRUSH

# MANGO PUNCH SLUSH

**PREP:** 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 3 (10-OUNCE) SERVINGS

## INGREDIENTS

1/2 cup lime juice  
1/2 cup orange juice  
4 ounces rum  
5 dashes cocktail bitters  
2 cups frozen mango chunks  
1/2 cup ice cubes

## DIRECTIONS

1. Place all ingredients into the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

CRUSH

# FROZEN SCREWDRIVER

**PREP:** 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 3 (10-OUNCE) SERVINGS

## INGREDIENTS

1 orange, peeled, cut in quarters, seeds removed  
1 cup orange Juice  
4 ounces vodka  
2 cups ice cubes

## DIRECTIONS

1. Place all ingredients into the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

CRUSH

# FRO-JITO

**PREP:** 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 3 (10-OUNCE) SERVINGS

## INGREDIENTS

1/2 cup lime juice  
1/2 cup seltzer  
4 ounces rum  
5 fresh mint leaves  
2 cups ice cubes

## DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

CRUSH

# FROZEN STRAWBERRY LEMONADE

**PREP:** 2 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 3 (10-OUNCE) SERVINGS

## INGREDIENTS

1/2 cup lemon juice  
1/2 cup water  
1 tablespoon granulated sugar  
2 cups frozen strawberries  
1 cup ice cubes

## DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

## PESTO

**PREP:** 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 <sup>3</sup>/<sub>4</sub> CUPS

### INGREDIENTS

3 cups fresh basil leaves  
 2 cups grated Parmesan  
 2 cups extra-virgin olive oil  
 Juice from 1 lemon  
 1/2 cup pine nuts  
 1 tablespoon kosher salt  
 1 tablespoon ground black pepper

### DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select START/STOP and blend for 30 seconds, or until desired consistency is achieved.
3. Remove blades from cup after blending.

## LEMON GARLIC AOILI

**PREP:** 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 <sup>3</sup>/<sub>4</sub> CUPS

### INGREDIENTS

1/4 cup fresh lemon juice  
 1 tablespoon water  
 5 cloves garlic, peeled  
 1 tablespoon parsley leaves  
 1 tablespoon kosher salt  
 1 tablespoon ground black pepper  
 2 cups mayonnaise

### DIRECTIONS

1. Place all ingredients into the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select START/STOP and blend for 40 seconds, or until desired consistency is achieved.
3. Remove blades from cup after blending.

## AVOCADO CAESAR DRESSING

**PREP:** 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 10 (3-OUNCE) SERVINGS

### INGREDIENTS

2 ripe avocados, peeled, cut in half, pits removed  
 4 cloves garlic, peeled  
 1/2 cup grated Parmesan cheese  
 2 oil-cured anchovy filets  
 1/8 teaspoon kosher salt  
 1/2 teaspoon ground black pepper  
 2 tablespoons fresh lemon juice  
 2 tablespoons apple cider vinegar  
 1 cup cold water

### DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select START/STOP and blend for 30 seconds, or until desired consistency is achieved.
3. Remove blades from cup after blending.

## BANANA CHOCOLATE MOUSSE

**PREP:** 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (16-OUNCE) SERVINGS

### INGREDIENTS

3 small ripe bananas, peeled, cut in quarters  
 2 ripe avocados, peeled, cut in quarters, pits removed  
 1/3 cup chocolate syrup  
 1/4 cup fresh orange juice  
 1/4 cup unsweetened cocoa powder

### DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Press PULSE 3 times. Then select START/STOP and blend for 40 seconds, or until desired consistency is achieved.
3. Remove blades from cup after blending.







For questions or to register your product,  
visit us online at [ninjakitchen.com](http://ninjakitchen.com)



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