

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



# NINJA®

NUTRI-BLENDER

PRO

10 delicious recipes



# YOUR GUIDE TO DRINK MAKING.

Welcome to the Ninja® Nutri-Blender Pro inspiration guide. From here, you're just a few pages away from recipes, tips and tricks, and helpful hints that will help you make delicious smoothies, nutrient extractions\*, and frozen drinks to take on the go.

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

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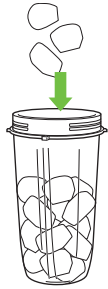
\*Extract a drink containing vitamins and nutrients from fruits and vegetables.

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# QUICK ASSEMBLY



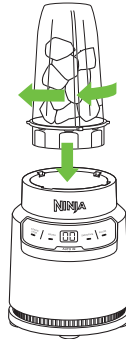
1.

Add ingredients to the Single-Serve Cup. **DO NOT** add ingredients past the **MAX LIQUID** line.



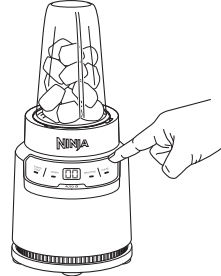
2.

Place the Pro Extractor Blades® Assembly on the top of the cup and turn clockwise to seal.



3.

Turn the cup upside down and install on the motor base by aligning the tabs on the cup with the slots on the base. Then, rotate cup clockwise until it clicks. Once locked in place, the programs will illuminate and the unit will be ready for use.



4.

If using an Auto-iQ® program, select the program that best suits your desired output. The preset feature will automatically stop at the end of the program. To stop the unit at any time, press the currently active program again.

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

# CLEANING



**Dishwasher:** The containers, lids, and blade assembly are all dishwasher safe. Ensure the blade assembly is removed from the 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.

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

# AUTO-IQ® PROGRAMS

Intelligent preset programs 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

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

## 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.



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 as desired.

2



Next add leafy greens and herbs.

1



Start by adding fresh fruits and vegetables.

## PREP TIPS

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



## ORANGE BLUSH

**PREP:** 5 MINUTES

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

**MAKES:** 2 (12 OUNCE) SERVINGS

### INGREDIENTS

1/2 cup watermelon, cut in 1-inch pieces

3/4 cup orange juice

1 cup frozen strawberries

1/2 cup 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 SMOOTHIE.
3. Remove blades from cup after blending.

## CREAMY BANANA ORANGE PROTEIN SHAKE

**PREP:** 5 MINUTES

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

**MAKES:** 2 (10 OUNCE) SERVINGS

### INGREDIENTS

1 small ripe banana, cut in 1-inch pieces

1 small navel orange, peeled, cut in half, pith removed

1 cup unsweetened almond milk

1/4 teaspoon ground cinnamon

1 scoop vanilla protein powder

1/2 cup frozen mango chunks

1/2 cup 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 SMOOTHIE.
3. Remove blades from cup after blending.





## THE GREEN NINJA SMOOTHIE

**PREP:** 5 MINUTES

**CONTAINER:** 18-OUNCE SINGLE-SERVE CUP

**MAKES:** 1 (16 OUNCE) SERVING

### INGREDIENTS

1 cup plant-based milk of choice

3 strawberries, hulled

1 1/2 cup packed baby spinach

1 small frozen banana, cut in 1-inch pieces

### DIRECTIONS

1. Place all ingredients into the 18-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:** 18-OUNCE SINGLE-SERVE CUP

**MAKES:** 1 (16 OUNCE) SERVING

### INGREDIENTS

1 cup whole milk

2 scoops vanilla protein powder

1 teaspoon ground nutmeg

1 teaspoon ground cinnamon

1/2 cup frozen peach slices

### DIRECTIONS

1. Place all ingredients into the 18-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.



## STRAWBERRY DAIQUIRI

**PREP:** 5 MINUTES  
**CONTAINER:** 24-OUNCE SINGLE-SERVE CUP  
**MAKES:** 2 (12 OUNCE) SERVINGS

### INGREDIENTS

1/2 cup strawberries, hulled, plus 2 for garnish  
1/4 cup lime juice  
1/2 cup light rum  
1 cup 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 CRUSH.
3. Remove blades from cup after blending.

## FROZEN CHOCOLATE

**PREP:** 5 MINUTES  
**CONTAINER:** 18-OUNCE SINGLE-SERVE CUP  
**MAKES:** 1 (16 OUNCE) SERVING

### INGREDIENTS

1 cup milk of choice  
1 packet hot chocolate powder  
2 scoops vanilla ice cream  
1/2 cup ice cubes  
Whipped topping, optional

### DIRECTIONS

1. Place all ingredients into the 18-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.





## FROZEN WHITE RUSSIAN

**PREP:** 5 MINUTES  
**CONTAINER:** 18-OUNCE SINGLE-SERVE CUP  
**MAKES:** 1 (16 OUNCE) SERVING

### INGREDIENTS

1/2 cup milk of choice  
1/4 cup Kahlua  
1/4 cup Baileys  
2 scoops vanilla ice cream  
1 cup ice cubes

### DIRECTIONS

1. Place all ingredients into the 18-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

## VIRGIN MANGO DAIQUIRI

**PREP:** 5 MINUTES  
**CONTAINER:** 18-OUNCE SINGLE-SERVE CUP  
**MAKES:** 1 (16 OUNCE) SERVING

### INGREDIENTS

1/2 cup milk of choice  
1 lime, juiced  
1/2 cup simple syrup  
1 cup frozen mango chunks  
1/2 cup frozen pineapple chunks

### DIRECTIONS

1. Place all ingredients into the 18-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.







## AVOCADO CAESAR DRESSING

**PREP:** 5 MINUTES

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

**MAKES:** 2 CUPS

### INGREDIENTS

- 1 ripe avocado, pitted and cut in half
- 3 cloves garlic
- 1-inch chunk (1 1/2 ounces) Parmesan cheese
- 2 oil-cured anchovy filets
- 1/2 teaspoon ground black pepper
- 2 tablespoons fresh lemon juice
- 2 tablespoons apple cider vinegar
- 1 cup cold water
- 1/8 teaspoon kosher salt

### DIRECTIONS

1. Place all ingredients into the 24-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.



## CLASSIC HUMMUS

**PREP:** 5 MINUTES

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

**MAKES:** 1 1/4 CUPS

### INGREDIENTS

- 1 can (14 ounces) garbanzo beans, drained, liquid reserved
- 1/4 cup + 2 tablespoons garbanzo bean liquid
- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 1 clove garlic, peeled
- 1 tablespoon tahini
- 1/2 teaspoon ground cumin
- 1/2 teaspoon kosher salt

### DIRECTIONS

1. Place all ingredients into the 24-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.



**NINJA<sup>®</sup>**  
**NUTRI-BLENDER**  
**PRO**

**BN400\_QSG\_IG\_10Recipe\_MP\_Mv3**

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