## **STUCK-ON INGREDIENTS** IN THE POWER NUTRI" BOWL?

- 1. Rinse the bowl and blade assembly under WARM WATER after processing.
- 2. Fill the bowl with warm water up to the top of the paddle and add 1-2 SMALL DROPS of dish soap.
- **3.** Screw on the blade assembly and press **BOWL**. Twist the Power Paddle counterclockwise continuously while cleaning.
- 4. Once complete, empty contents and rinse under warm water.

**NOTE:** The paddle in the Power Nutri Bowl is not removable.





Dishwasher Containers, lids, and blade assembly are all top-rack dishwasher safe.



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.

For questions or to register your product, visit us online at ninjakitchen.com



© 2020 SharkNinja Operating LLC. AUTO-IQ, DUO, and NINJA are registered trademarks of SharkNinja Operating LLC. FOODI, HYBRID EDGE, and POWER NUTRI are trademarks of SharkNinia Operating LLC. SS100 QSG MP Mv3



Base

Ninja

POWER NUTRI<sup>™</sup> DUO





**QUICK START** 

**GUIDE** 

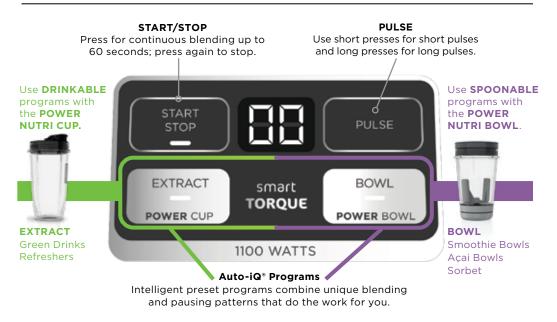


Power Nutri Cup with Spout Lid

Power Nutri Bowl with Storage Lid

Hvbrid Edge<sup>™</sup> Blades Assembly

### Using the Unit



#### Tips

START/STOP and PULSE cannot be used in conjunction with any Auto-iQ programs.

To stop running an Auto-iQ program before it's done, press the currently active button again.

#### Assembly





**Blend & Enjoy** 



IAKING IT IO GO?

Place the Storage Lid or Spout Lid on top of the bowl or cup, and turn clockwise to seal.

NOTE: DO NOT microwave or freeze the Power Nutri Bowl or Power Nutri Cup.



DID YOU KNOW? Smoothie bowls are thicker & spoonable, compared to smoothies which are thinner & drinkable.

# SMOOTHIE BOWL BASICS

#### USING THE POWER NUTRI<sup>™</sup> BOWL



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

ALWAYS DO THIS FIRST.



**3. (Optional)** Amplify your base by adding 1 scoop of yogurt, flavor powder, protein powder, and/or nut butter.



2. Add frozen fruits, 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.



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

Select **BOWL** and twist the Power Paddle *counterclockwise continuously* while processing.



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