

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



NINJA Foodi

POWER NUTRI™ DUO®

15 delicious recipes



Your guide to blending, prepping, and mixing like a Foodi™.

Welcome to the Ninja® Foodi™ Power Nutri™ DUO® 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, and extractions. Now let's get started.

For more exciting delicious recipes,
visit ninjakitchen.com

TABLE OF CONTENTS

INTRODUCING THE POWER NUTRI™ BOWL	2
SMOOTHIE BOWL BASICS	3
EXTRACTING 101	5
SMOOTHIE BOWLS	7
DIPS & SPREADS	19
DESSERTS	25
SMOOTHIES & EXTRACTIONS	29



**BUILT-IN
Power Paddle**

Twist



Introducing the POWER NUTRI™ BOWL

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

Smoothie bowl basics

USING THE POWER NUTRI™ BOWL

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 açaí or dragon fruit packets, up to the **MAX FILL** 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 1 scoop of yogurt, flavor powder, and/or nut butter.



4.

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

Select **BOWL** then twist the Power Paddle 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 bowl color guide

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



Extracting 101

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

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

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.

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



POWER NUTRI™ BOWL EXCLUSIVE

TROPICAL SMOOTHIE BOWL

PREP: 5 MINUTES

CONTAINER: 14-OUNCE POWER NUTRI BOWL

MAKES: 1 SERVING

INGREDIENTS

Coconut milk

Frozen pineapple chunks

Frozen mango chunks

Sweetener of choice, as desired

DIRECTIONS

- 1** Pour coconut milk into the 14-ounce Power Nutri Bowl, filling to the Liquid Fill line.
- 2** Add frozen pineapple and mango chunks and sweetener (optional) up to, but not exceeding, the Max Fill line. Install the blade assembly.
- 3** Select BOWL, then twist the Power Paddle counterclockwise continuously while blending until program is complete.
- 4** Remove blades from bowl after blending.
- 5** Decorate with toppings of your choice and serve.

POWER
NUTRI BOWL





POWER NUTRI™ BOWL EXCLUSIVE

AÇAÍ BERRY BOWL

PREP: 5 MINUTES

CONTAINER: 14-OUNCE POWER NUTRI BOWL

MAKES: 1 SERVING

INGREDIENTS

Almond milk

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

Frozen mixed berries

Sweetener of choice, as desired

POWER
NUTRI BOWL



DIRECTIONS

- 1** Pour almond milk into the 14-ounce Power Nutri Bowl, filling to the Liquid Fill line.
- 2** Add quartered açai 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 twist the Power Paddle counterclockwise continuously while blending until program is complete.
- 4** Remove blades from bowl after blending.
- 5** Decorate with toppings of your choice and serve.



POWER NUTRI™ BOWL EXCLUSIVE

DRAGONFRUIT BOWL

PREP: 5 MINUTES

CONTAINER: 14-OUNCE POWER NUTRI BOWL

MAKES: 1 SERVING

INGREDIENTS

Coconut milk

Frozen pink dragonfruit

Frozen pineapple chunks

Sweetener of choice, as desired

POWER
NUTRI BOWL



DIRECTIONS

- 1** Pour coconut milk into the 14-ounce Power Nutri Bowl, filling to the Liquid Fill line.
- 2** Add frozen dragonfruit and pineapple chunks and sweetener (optional) up to, but not exceeding, the Max Fill line. Install the blade assembly.
- 3** Select BOWL, then twist the Power Paddle counterclockwise continuously while blending until program is complete.
- 4** Remove blades from bowl after blending.
- 5** Decorate with toppings of your choice and serve.



POWER NUTRI™ BOWL EXCLUSIVE

MANGO TANGO BOWL

PREP: 5 MINUTES

CONTAINER: 14-OUNCE POWER NUTRI BOWL

MAKES: 1 SERVING

INGREDIENTS

Whole milk
Frozen mango chunks
Frozen strawberries
Frozen peach slices
Sweetener of choice, as desired

DIRECTIONS

- 1** Pour milk into the 14-ounce Power Nutri Bowl, filling to the Liquid Fill line.
- 2** Add frozen mango chunks, strawberries, and peach slices and sweetener (optional) up to, but not exceeding, the Max Fill line. Install the blade assembly.
- 3** Select BOWL, then twist the Power Paddle counterclockwise continuously while blending until program is complete.
- 4** Remove blades from bowl after blending.
- 5** Decorate with toppings of your choice and serve.

POWER
NUTRI BOWL





POWER NUTRI™ BOWL EXCLUSIVE

GREEN POWER BOWL

PREP: 5 MINUTES

CONTAINER: 14-OUNCE POWER NUTRI BOWL

MAKES: 1 SERVING

INGREDIENTS

Soy milk

Frozen kale

Frozen mango chunks

Frozen pineapple chunks

Sweetener of choice, as desired

DIRECTIONS

- 1** Pour soy milk in the 14-ounce Power Nutri Bowl, filling to the Liquid Fill line.
- 2** Add frozen kale, mango, and pineapple chunks and sweetener (optional) up to, but not exceeding, the Max Fill line. Install the blade assembly.
- 3** Select BOWL, then twist the Power Paddle counterclockwise continuously while blending until program is complete.
- 4** Remove blades from bowl after blending.
- 5** Decorate with toppings of your choice and serve.

POWER
NUTRI BOWL





POWER NUTRI™ BOWL EXCLUSIVE

BANANA PEANUT BUTTER OAT BOWL

PREP: 5 MINUTES

CONTAINER: 14-OUNCE POWER NUTRI BOWL

MAKES: 1 SERVING

INGREDIENTS

- 1 frozen banana, cut in quarters
- 1/4 cup rolled oats
- 1 tablespoon creamy peanut butter
- 1/2 teaspoon cinnamon
- 1/2 cup vanilla Greek yogurt

DIRECTIONS

- 1 Place all ingredients in the 14-ounce Power Nutri Bowl in the order listed, then install the blade assembly.
- 2 Select BOWL, then twist the Power Paddle counterclockwise continuously while blending until program is complete.
- 3 Remove blades from bowl after blending.
- 4 Decorate with toppings of your choice and serve.

TIP For Power Nutri Bowl cleaning instructions, refer to the Owner's Guide or Quick Start Guide.

POWER
NUTRI BOWL





POWER NUTRI™ BOWL EXCLUSIVE

ALMOND BUTTER

PREP: 5 MINUTES

CONTAINER: 14-OUNCE POWER NUTRI BOWL

MAKES: 1 CUP

INGREDIENTS

- 1 1/2 cups roasted almonds
- 2 tablespoons canola oil

DIRECTIONS

- 1 Place all ingredients in the 14-ounce Power Nutri Bowl in the order listed, then install the blade assembly.
- 2 Select START/STOP, then twist the Power Paddle counterclockwise continuously until desired consistency. Select START/STOP to end program.
- 3 Remove blades from bowl after blending.

TIP For a smoother consistency, blend again for 15 seconds.

TIP For Power Nutri Bowl cleaning instructions, refer to the Owner's Guide or Quick Start Guide.

POWER
NUTRI BOWL





POWER NUTRI™ BOWL EXCLUSIVE

EDIBLE COOKIE DOUGH 3 WAYS

PREP: 5 MINUTES

CONTAINER: 14-OUNCE POWER NUTRI BOWL

MAKES: 1 SERVING

INGREDIENTS

1 can (14-ounces) chickpeas,
drained, liquid reserved

1/4 cup chickpea liquid

2 tablespoon honey

1 tablespoon vanilla

1/4 cup peanut butter

1/2 teaspoon kosher salt

MIX-INS

Smores

1/4 cup chocolate chunks

1/4 cup mini marshmallows

1/4 cup broken-up graham cracker

Chocolate Chip

1/2 cup mini chocolate chips

Oatmeal Raisin

1/4 cup old-fashioned oats

1/4 cup raisins

TIP For Power Nutri Bowl cleaning instructions, refer to the Owner's Guide or Quick Start Guide.

POWER
NUTRI BOWL



DIRECTIONS

- 1 Place all ingredients in the 14-ounce Power Nutri Bowl in the order listed, then install the blades assembly.
- 2 Select START/STOP, then twist the Power Paddle counterclockwise continuously until desired consistency. Select START/STOP to end program.
- 3 Remove blades from bowl after blending. Use a spatula to scoop dough mixture into a bowl and fold in the mix-ins of your choice.



POWER NUTRI™ BOWL EXCLUSIVE

BLACK BEAN DIP

PREP: 5 MINUTES

CONTAINER: 14-OUNCE POWER NUTRI BOWL

MAKES: 4 SERVING

INGREDIENTS

- 1 (14oz) can black bean, drained, rinsed
- ¼ cup plus 2 tablespoons salsa
- 2 garlic cloves, peeled
- 1 teaspoon lime juice
- 1 teaspoon cumin
- 1 teaspoon water
- ⅛ teaspoon kosher salt
- ⅛ cup cilantro

DIRECTIONS

- 1 Place all ingredients in the 14-ounce Power Nutri Bowl in the order listed, then install the blades assembly.
- 2 Select START/STOP, then twist the Power Paddle counterclockwise continuously until desired consistency. Select START/STOP to end program.
- 3 Remove blades from bowl after blending.

POWER
NUTRI BOWL





POWER NUTRI™ BOWL EXCLUSIVE

STRAWBERRY SORBET

PREP: 5 MINUTES

CONTAINER: 14-OUNCE POWER NUTRI BOWL

MAKES: 1 SERVING

INGREDIENTS

Limeade

Frozen strawberries

DIRECTIONS

- 1** Pour limeade into the 14-ounce Power Nutri Bowl, filling to the Liquid Fill line.
- 2** Add frozen strawberries and sweetener (optional) up to, but not exceeding, the Max Fill line. Install the blade assembly.
- 3** Select BOWL, then twist the Power Paddle counterclockwise continuously while blending until program is complete.
- 4** Remove blades from bowl after blending.

POWER
NUTRI BOWL





POWER NUTRI™ BOWL EXCLUSIVE

BLUEBERRY FRO-YO

PREP: 5 MINUTES

CONTAINER: 14-OUNCE POWER NUTRI BOWL

MAKES: 1 SERVING

INGREDIENTS

1 $\frac{1}{3}$ cups frozen blueberries

$\frac{1}{4}$ cup plus 1 tablespoon vanilla Greek yogurt
Sweetener of choice, as desired

DIRECTIONS

- 1 Place all ingredients in the 14-ounce Power Nutri Bowl in the order listed, then install the blade assembly.
- 2 Select BOWL, then twist the Power Paddle counterclockwise continuously while blending until program is complete.
- 3 Remove blades from bowl after blending.
- 4 Garnish with toppings, if desired, and serve immediately.

POWER
NUTRI BOWL





POWER NUTRI™ CUP EXCLUSIVE

MINT REFRESHER

PREP: 5 MINUTES
CONTAINER: 24-OUNCE POWER NUTRI 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 Power Nutri Cup in the order listed, then install the blade assembly.
- 2 Select EXTRACT.
- 3 Remove blades from cup after blending.

POWER
NUTRI CUP





POWER NUTRI™ CUP EXCLUSIVE

POM-BERRY AÇAÍ EXTRACT

PREP: 5 MINUTES

CONTAINER: 24-OUNCE POWER NUTRI CUP

MAKES: 1 SERVING

INGREDIENTS

- 1 açai packet, thawed for 5 minutes, cut in quarters
- 1/3 cup blueberries
- 1/3 cup raspberries
- 1 cup strawberries, cut in half, stems removed
- 1/2 cup pomegranate juice

DIRECTIONS

- 1 Place all ingredients in the 24-ounce Power Nutri Cup in the order listed, then install the blade assembly.
- 2 Select EXTRACT.
- 3 Remove blades from cup after blending.

POWER
NUTRI CUP





POWER NUTRI™ CUP EXCLUSIVE

GINGER ORANGE EXTRACT

PREP: 5 MINUTES
CONTAINER: 24-OUNCE POWER NUTRI 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

DIRECTIONS

- 1 Place all ingredients in the 24-ounce Power Nutri Cup in the order listed, then install the blade assembly.
- 2 Select EXTRACT.
- 3 Remove blades from cup after blending.

POWER
NUTRI CUP





POWER NUTRI™ CUP EXCLUSIVE

GREEN REFRESHER

PREP: 5 MINUTES

CONTAINER: 24-OUNCE POWER NUTRI CUP

MAKES: 1 SERVING

INGREDIENTS

1/4 cup cucumber, cut in 1-inch pieces

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

1-inch piece ginger, peeled, cut in quarters

1/2 cup baby spinach

1/2 cup coconut water

1 cup frozen pineapple chunks

POWER
NUTRI CUP



DIRECTIONS

- 1** Place all ingredients in the 24-ounce Power Nutri Cup in the order listed, then install the blade assembly.
- 2** Select EXTRACT.
- 3** Remove blades from cup after blending.

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