

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



NINJA®

NUTRI-BLENDER

10 delicious recipes



Your Guide to Nutrient Extraction*

Welcome to the Ninja® Nutri-Blender
Inspiration Guide. It's here to help you
start creating countless possibilities of
nutrient-rich smoothies and frozen drinks.

For more exciting delicious recipes,
visit ninjakitchen.com

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

TABLE OF CONTENTS

INTRODUCING THE NINJA® NUTRI-BLENDER

SHAKES

TOP O' THE MORNIN'	4
BRIGHT SIDE MOCHA SHAKE	6
TRAIL MIX IN A GLASS	8

SMOOTHIES

COCONUT MANGO ENERGYADE	10
POWERBALL	12
BERRY TROPICAL SMOOTHIE	14
STRAWBERRY MELON BLAST	16

EXTRACTS

SWEET & SPICY SPINACH	18
KIWI COOLER	20
LEAN GREEN NINJA	22

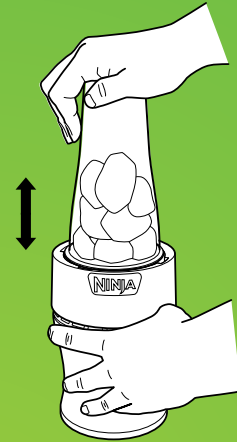


Quick assembly and blending



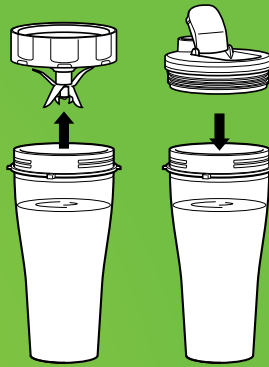
1.

Fill the cup with desired contents. Screw on the blade assembly until you have a tight seal.



2.

Flip the cup upside down and install on base. Push down on the cup to pulse or blend.



3.

When blending is complete lift the cup off the base. Remove the blades by twisting counter-clockwise, and add the spout lid to take on-the-go.



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

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.



TOP O' THE MORNIN'

PREP: 5 MINUTES

CONTAINER: 20-OUNCE NINJA® CUP

MAKES: 1 SERVING

INGREDIENTS

- 1 1/2 small ripe bananas, cut in 1-inch pieces
- 1 orange, peeled, cut in quarters, seeds removed
- 1 cup unsweetened almond milk
- 1 scoop protein powder
- 1/2 teaspoon ground cinnamon
- 2/3 cup ice

DIRECTIONS

- 1 Place all ingredients into the 20-ounce Ninja Cup in the order listed.
- 2 BLEND until smooth.
- 3 Remove blades from cup after blending.



BRIGHT SIDE MOCHA SHAKE

PREP: 5 MINUTES

CONTAINER: 20-OUNCE NINJA® CUP

MAKES: 1 SERVING

INGREDIENTS

1 small ripe banana cut in 1-inch pieces

1/3 cup brewed coffee, chilled

2/3 cup unsweetened almond milk

1 tablespoon agave nectar

2 tablespoons almond butter

2 teaspoons unsweetened cocoa powder

Dash salt

1 1/2 cups ice

DIRECTIONS

- 1 Place all ingredients into the 20-ounce Ninja Cup in the order listed.
- 2 BLEND until smooth.
- 3 Remove blades from cup after blending.

DO NOT BLEND HOT INGREDIENTS.



TRAIL MIX IN A GLASS

PREP: 5 MINUTES

CONTAINER: 20-OUNCE NINJA® CUP

MAKES: 1 SERVING

INGREDIENTS

- 1/4 cup raw unsalted almonds
- 3 tablespoons raw unsalted pumpkin seeds
- 1 tablespoon raw sesame seeds
- 3 tablespoons dried cranberries
- 3 tablespoons pomegranate juice
- 1 1/4 cups unsweetened vanilla almond milk
- 2 tablespoons honey
- 2/3 cups ice

DIRECTIONS

- 1 Place all ingredients into the 20-ounce Ninja Cup in the order listed.
- 2 BLEND until smooth.
- 3 Remove blades from cup after blending.



COCONUT MANGO ENERGYADE

PREP: 5 MINUTES

CONTAINER: 20-OUNCE NINJA® CUP

MAKES: 1 SERVING

INGREDIENTS

1/3 cup mango chunks

8 fresh mint leaves

2 cups coconut water

DIRECTIONS

- 1** Place all ingredients into the 20-ounce Ninja Cup in the order listed.
- 2** BLEND until smooth.
- 3** Remove blades from cup after blending.



POWERBALL

PREP: 5 MINUTES

CONTAINER: 20-OUNCE NINJA® CUP

MAKES: 1 SERVING

INGREDIENTS

1 small ripe banana, cut in 1-inch pieces

1 cup unsweetened coconut milk

1 teaspoon unsweetened cocoa powder

1 cup frozen blueberries

DIRECTIONS

- 1** Place all ingredients into the 20-ounce Ninja Cup in the order listed.
- 2** BLEND until smooth.
- 3** Remove blades from cup after blending.



BERRY TROPICAL SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 20-OUNCE NINJA® CUP

MAKES: 1 SERVING

INGREDIENTS

1/3 cup pineapple chunks

1/3 cup mango chunks

1/3 cup strawberries, hulled, cut in quarters

1/3 cup blueberries

1/3 cup baby spinach

1/2 cup water

1/3 cup ice

DIRECTIONS

- 1** Place all ingredients into the 20-ounce Ninja Cup in the order listed.
- 2** BLEND until smooth.
- 3** Remove blades from cup after blending.



STRAWBERRY MELON BLAST

PREP: 5 MINUTES

CONTAINER: 20-OUNCE NINJA® CUP

MAKES: 1 SERVING

INGREDIENTS

½ medium cucumber (about a 4-inch piece),
peeled, cut in 1-inch pieces

6 strawberries, hulled, cut in half

¾ cup cantaloupe chunks

⅓ cup ice

DIRECTIONS

- 1** Place all ingredients into the 20-ounce Ninja Cup in the order listed.
- 2** BLEND until smooth.
- 3** Remove blades from cup after blending.

TIP If you prefer a thinner smoothie, add more liquid.



SWEET & SPICY SPINACH

PREP: 5 MINUTES

CONTAINER: 20-OUNCE NINJA® CUP

MAKES: 1 SERVING

INGREDIENTS

- 1 green apple, cored, cut in quarters
- 1/2 lemon, peeled, seeds removed
- 1/2-inch piece fresh ginger, peeled
- 1/2 cup baby spinach
- 1/2 cup apple juice
- 1 tablespoon agave nectar or honey
- 1/4 cup water
- 1/3 cup ice

DIRECTIONS

- 1 Place all ingredients into the 20-ounce Ninja Cup in the order listed.
- 2 BLEND until smooth.
- 3 Remove blades from cup after blending.



KIWI COOLER

PREP: 5 MINUTES

CONTAINER: 20-OUNCE NINJA® CUP

MAKES: 1 SERVING

INGREDIENTS

1 small celery stalk (approx. 10 inches long),
cut in 1-inch pieces

$\frac{2}{3}$ cup green cabbage, chopped

3 dates, pits removed

1 ripe kiwi, peeled

$\frac{2}{3}$ cup baby spinach

1 cup hazelnut milk

$\frac{2}{3}$ cup ice

DIRECTIONS

- 1** Place all ingredients into the 20-ounce Ninja Cup in the order listed.
- 2** BLEND until smooth.
- 3** Remove blades from cup after blending.



LEAN GREEN NINJA

PREP: 5 MINUTES

CONTAINER: 20-OUNCE NINJA® CUP

MAKES: 1 SERVING

INGREDIENTS

1/3 cup pineapple chunks

1/3 cup mango chunks

1 small ripe banana, cut in 1-inch pieces

1/3 cup kale leaves

1/3 cup baby spinach

3/4 cup coconut water

1/3 cup ice

DIRECTIONS

- 1** Place all ingredients into the 20-ounce Ninja Cup in the order listed.
- 2** BLEND until smooth.
- 3** Remove blades from cup after blending.



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