

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



NINJA®

NUTRI-BLENDER PLUS

30 delicious recipes



Your Guide to Nutrient Extraction*

Welcome to the Ninja® Nutri-Blender Plus Inspiration Guide. It's here to help you start creating countless possibilities for 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.

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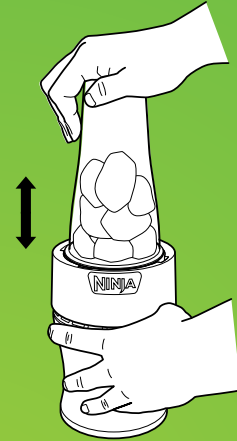


Quick assembly & blending



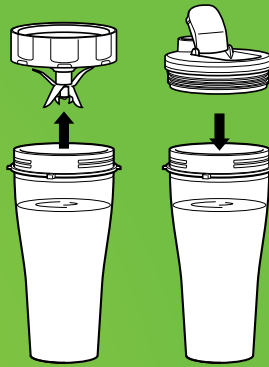
1.

Fill the preferred 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, storage, or pouring lid to take on-the-go or store as desired.



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, or nut butters.

3



Pour in liquid or yogurt next. For thinner results or a juice-like drink, add more liquid.

2



Next, add leafy greens and herbs.

1



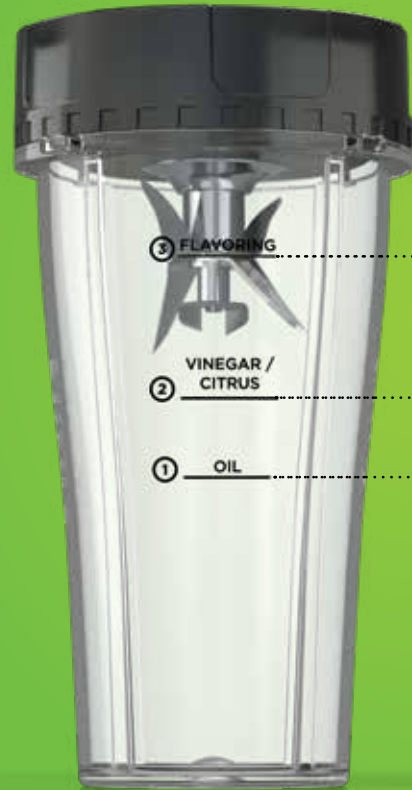
Start by adding fresh fruits and vegetables.

PREP TIPS

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

Introducing the Precision Pint

Designed with easy measuring in mind.



3



Add flavorings to your liking but **DO NOT** exceed this line.

2



Pour vinegar or citrus juice to this line.

1



Pour oil to this line.

Making dressings, marinades & sauces.

Follow these three simple steps to add a burst of flavor to your salads, sides, and main dishes.

Pulse or blend ingredients until desired consistency is reached.

Step 1

Add oil to fill line



OILS:

Avocado
Olive
Vegetable
Canola
Grapeseed

Step 2

Add acid to fill line



VINEGAR:

Rice wine
Balsamic
Apple cider
Red or white wine

CITRUS JUICE:

Lemon
Lime
Orange
Grapefruit

Step 3

Add flavorings to taste



SEASONINGS/SPICES:

Kosher salt
Ground black pepper
Garlic powder
Onion powder
Red pepper flakes
Ginger powder
Paprika
Cumin

HERBS:

Parsley
Cilantro
Dill
Mint
Tarragon
Basil
Chives
Rosemary
Thyme
Oregano

AROMATICS:

Onion
Shallot
Ginger
Garlic
Scallion

SWEETENER:

Honey
Agave
Maple syrup
Brown sugar
Jam
Fruit

OTHER:

Yogurt
Sour cream
Buttermilk
Mayonnaise
Siracha
Mustard
Nut butters
Soy sauce



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 cubes

DIRECTIONS

1. Place all ingredients into the 20-ounce Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend to mix the ingredients 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 cubes

DIRECTIONS

1. Place all ingredients into the 20-ounce Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend to mix the ingredients 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 cup ice cubes

DIRECTIONS

1. Place all ingredients into the 20-ounce Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend until ingredients are smooth.
3. Remove blades from cup after blending.

CHOCOLATE CHERRY BLAST

PREP: 5 MINUTES

CONTAINER: 20-OUNCE NINJA® CUP

MAKES: 1 SERVING

INGREDIENTS

- 1/2 ripe avocado, peeled, pit removed
- 1 1/2 cups unsweetened almond milk
- 1 1/2 teaspoons unsweetened cocoa powder
- 1 scoop chocolate protein powder
- 1 cup frozen cherries

DIRECTIONS

1. Place all ingredients into the 20-ounce Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend until ingredients are 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. Screw the blade assembly onto the cup, and blend to mix the ingredients 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 cubes

DIRECTIONS

1. Place all ingredients into the 20-ounce Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend to mix the ingredients until smooth.
3. Remove blades from cup after blending.





STRAWBERRY MELON BLAST

PREP: 5 MINUTES

CONTAINER: 20-OUNCE NINJA® CUP

MAKES: 1 SERVING

INGREDIENTS

- 1/2 medium cucumber (about a 4-inch piece), peeled, cut in 1-inch pieces
- 6 strawberries, hulled, cut in half
- 3/4 cup cantaloupe chunks
- 1/3 cup ice cubes

DIRECTIONS

1. Place all ingredients into the 20-ounce Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend to mix the ingredients until smooth.
3. Remove blades from cup after blending.

TIP

If you prefer a thinner smoothie, add more liquid.

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. Screw the blade assembly onto the cup, and blend to mix the ingredients until smooth.
3. Remove blades from cup after blending.





ISLAND SUNRISE SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 20-OUNCE NINJA® CUP

MAKES: 1 SERVING

INGREDIENTS

- 1 1/4 cup pineapple chunks
- 1/2 small ripe banana, cut in 1-inch pieces
- 1 1/4 cup coconut water
- 1 teaspoon flaxseed
- 1/2 cup frozen strawberries
- 3/4 cup frozen mango chunks

DIRECTIONS

1. Place all ingredients into the 20-ounce Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend until ingredients are smooth.
3. Remove blades from cup after blending.

THE SUNFLOWER

PREP: 5 MINUTES

CONTAINER: 20-OUNCE NINJA® CUP

MAKES: 1 SERVING

INGREDIENTS

- 1 small ripe banana, cut 1-inch pieces
- 1 1/2 cups unsweetened vanilla almond milk
- 3 tablespoons sunflower butter
- 1/4 teaspoon ground cinnamon
- 3 teaspoons pure maple syrup
- 1/2 cup ice cubes

DIRECTIONS

1. Place all ingredients into the 20-ounce Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend until ingredients are 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 cubes

DIRECTIONS

1. Place all ingredients into the 20-ounce Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend to mix the ingredients until smooth.
3. Remove blades from cup after blending.

LEAN GREEN NINJA

PREP: 5 MINUTES

CONTAINER: 20-OUNCE NINJA® CUP

MAKES: 1 SERVING

INGREDIENTS

$\frac{1}{3}$ cup pineapple chunks

$\frac{1}{3}$ cup mango chunks

1 small ripe banana, cut in 1-inch pieces

$\frac{1}{3}$ cup kale leaves

$\frac{1}{3}$ cup baby spinach

$\frac{3}{4}$ cup coconut water

$\frac{1}{3}$ cup ice cubes

DIRECTIONS

1. Place all ingredients into the 20-ounce Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend to mix the ingredients until smooth.
3. Remove blades from cup after blending.





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 cubes

DIRECTIONS

1. Place all ingredients into the 20-ounce Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend to mix the ingredients until smooth.
3. Remove blades from cup after blending.

BEET & GO

PREP: 5 MINUTES
CONTAINER: 20-OUNCE NINJA® CUP
MAKES: 1 SERVING

INGREDIENTS

1/2 small carrot, peeled, cut in half
 1/4 apple, core removed
 1/4-inch piece fresh ginger, peeled
 1/4 cup Swiss chard leaves
 1/2 cup cooked beets, cooled
 1 cup water
 1/2 cup ice cubes

DIRECTIONS

1. Place all ingredients into the 20-ounce Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend until ingredients are smooth.
3. Remove blades from cup after blending.

DO NOT BLEND HOT INGREDIENTS.





CITRUS GINGER SUPPORT

PREP: 5 MINUTES

CONTAINER: 20-OUNCE NINJA® CUP

MAKES: 1 SERVING

INGREDIENTS

- 1/4-inch piece fresh ginger, peeled
- 1/2 pink grapefruit, peeled, cut in half, seeds removed
- 1 orange, peeled, cut in half, seeds removed
- 1/2 lime, peeled, seeds removed
- 1 cup frozen mango chunks
- 1/2 cup ice cubes

DIRECTIONS

1. Place all ingredients into the 20-ounce Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend until ingredients are smooth.
3. Remove blades from cup after blending.

COOL GINGER PEAR

PREP: 5 MINUTES

CONTAINER: 20-OUNCE NINJA® CUP

MAKES: 1 SERVING

INGREDIENTS

- 1 pear, cored, cut in quarters
- 3/4 cup cantaloupe chunks
- 1 lemon, peeled, seeds removed
- 1/2-inch pieces fresh ginger, peeled
- 3/4 cup ice cubes

DIRECTIONS

1. Place all ingredients into the 20-ounce Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend until ingredients are smooth.
3. Remove blades from cup after blending.



COOL HONEYDEW CUCUMBER

PREP: 5 MINUTES

CONTAINER: 20-OUNCE NINJA® CUP

MAKES: 1 SERVING

INGREDIENTS

- 1/4 medium cucumber, peeled, cut in half
- 1/2 cup honeydew melon chunks
- 3/4 cup pineapple chunks
- 1/2 cup water
- 1/4 cup ice cubes

DIRECTIONS

1. Place all ingredients into the 20-ounce Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend until ingredients are smooth.
3. Remove blades from cup after blending.

CUCUMBER QUENCHER

PREP: 5 MINUTES

CONTAINER: 20-OUNCE NINJA® CUP

MAKES: 1 SERVING

INGREDIENTS

- 1/2 English cucumber, cut in quarters
- 3 fresh mint leaves
- 1/8 teaspoon salt
- 1 1/2 cups water
- 1/2 cup ice cubes

DIRECTIONS

1. Place all ingredients into the 20-ounce Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend until ingredients are smooth.
3. Remove blades from cup after blending.

MANGO MELON MINT FUSION

PREP: 5 MINUTES

CONTAINER: 20-OUNCE NINJA® CUP

MAKES: 1 SERVING

INGREDIENTS

- ¾ cup honeydew melon chunks
- ¾ cup mango chunks
- ¾ cup cantaloupe chunks
- 5 fresh mint leaves
- ¾ cup ice cubes

DIRECTIONS

1. Place all ingredients into the 20-ounce Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend until ingredients are smooth.
3. Remove blades from cup after blending.

PINEAPPLE MINT WATER

PREP: 5 MINUTES

CONTAINER: 20-OUNCE NINJA® CUP

MAKES: 1 SERVING

INGREDIENTS

- ½ cup pineapple chunks
- 5 fresh mint leaves
- 1½ cups cold water

DIRECTIONS

1. Place all ingredients into the 20-ounce Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend until ingredients are smooth.
3. Remove blades from cup after blending.





CILANTRO LIME DRESSING

PREP: 5 MINUTES

CONTAINER: 16-OUNCE PRECISION PINT

MAKES: APPROX. 1 1/2 CUPS

INGREDIENTS

- 3/4 cup olive oil
- 1/3 cup lime juice
- 1/4 jalapeño, trimmed, seeds removed
- 1 teaspoon minced garlic
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 3/4 cup packed cilantro, stems removed
- 1 tablespoon agave
- 1 tablespoon plain Greek yogurt

DIRECTIONS

1. Add olive oil into the 16-ounce Precision Pint, filling up to the OIL line.
2. Add lime juice, filling up to the VINEGAR/CITRUS line.
3. Add remaining ingredients in the order listed, making sure not to exceed the FLAVORING line.
4. Screw the blade assembly onto the cup, and pulse to mix the ingredients.
5. Remove blades from the cup after blending.

TIP

Use the pouring lid or storage lid to store leftover dressing in the refrigerator for up to 2 weeks.

CREAMY HERB DRESSING

PREP: 5 MINUTES

CONTAINER: 16-OUNCE PRECISION PINT

MAKES: APPROX. 1 1/2 CUPS

INGREDIENTS

- 3/4 cup olive oil
- 8 teaspoons white wine vinegar
- 8 teaspoons lemon juice
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 1/4 cup packed fresh dill
- 1/4 cup packed fresh parsley
- 2 tablespoons mayonnaise
- 1 tablespoon plain Greek yogurt

DIRECTIONS

1. Add olive oil into the 16-ounce Precision Pint, filling up to the OIL line.
2. Add white wine vinegar and lemon juice, filling up to the VINEGAR/CITRUS line.
3. Add remaining ingredients in the order listed, making sure not to exceed the FLAVORING line.
4. Screw the blade assembly onto the cup, and pulse to mix the ingredients.
5. Remove blades from the cup after blending.

TIP

Use the pouring lid or storage lid to store leftover dressing in the refrigerator for up to 2 weeks.





CREAMY POMEGRANATE VINAIGRETTE

PREP: 5 MINUTES
CONTAINER: 16-OUNCE PRECISION PINT
MAKES: APPROX. 1 1/2 CUPS

INGREDIENTS

3/4 cup olive oil
1/3 tablespoons red wine vinegar
1 teaspoon kosher salt
1 teaspoon ground black pepper
1/2 cup pomegranate seeds
1 tablespoon vanilla Greek yogurt

DIRECTIONS

1. Add olive oil into the 16-ounce Precision Pint, filling up to the OIL line.
2. Add red wine vinegar, filling up to the VINEGAR/CITRUS line.
3. Add remaining ingredients in the order listed, making sure not to exceed the FLAVORING line.
4. Screw the blade assembly onto the cup, and pulse to mix the ingredients.
5. Remove blades from the cup after blending.

TIP Use the pouring lid or storage lid to store leftover dressing in the refrigerator for up to 2 weeks.

HONEY CHIPOTLE DRESSING

PREP: 5 MINUTES
CONTAINER: 16-OUNCE PRECISION PINT
MAKES: APPROX. 1 1/2 CUPS

INGREDIENTS

3/4 cup olive oil
1/3 cup red wine vinegar
1 teaspoon kosher salt
1 teaspoon minced garlic
1 teaspoon cumin
2 canned chipotles in adobo sauce
2 tablespoons honey

DIRECTIONS

1. Add olive oil into the 16-ounce Precision Pint, filling up to the OIL line.
2. Add red wine vinegar, filling up to the VINEGAR/CITRUS line.
3. Add remaining ingredients in the order listed, making sure not to exceed the FLAVORING line.
4. Screw the blade assembly onto the cup, and pulse to mix the ingredients.
5. Remove blades from the cup after blending.

TIP Use the pouring lid or storage lid to store leftover dressing in the refrigerator for up to 2 weeks.





LEMON DILL DRESSING

PREP: 5 MINUTES

CONTAINER: 16-OUNCE PRECISION PINT

MAKES: APPROX. 1 1/2 CUPS

INGREDIENTS

- 3/4 cup olive oil
- 8 teaspoons white wine vinegar
- 8 teaspoons lemon juice
- 1 1/2 teaspoons minced garlic
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 1 1/2 teaspoons spicy Dijon mustard
- 1 teaspoon granulated sugar
- 1/4 cup packed fresh dill

DIRECTIONS

1. Add olive oil into the 16-ounce Precision Pint, filling up to the OIL line.
2. Add white wine vinegar and lemon juice, filling up to the VINEGAR/CITRUS line.
3. Add remaining ingredients in the order listed, making sure not to exceed the FLAVORING line.
4. Screw the blade assembly onto the cup, and pulse to mix the ingredients.
5. Remove blades from the cup after blending.

TIP

Use the pouring lid or storage lid to store leftover dressing in the refrigerator for up to 2 weeks.

ORANGE BEET VINAIGRETTE

PREP: 5 MINUTES

CONTAINER: 16-OUNCE PRECISION PINT

MAKES: APPROX. 1 1/2 CUPS

INGREDIENTS

- 3/4 cup olive oil
- 1/3 cup fresh orange juice
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 1 tablespoon honey mustard
- 1/4 cup canned beets, liquid drained

DIRECTIONS

1. Add olive oil into the 16-ounce Precision Pint, filling up to the OIL line.
2. Add orange juice, filling up to the VINEGAR/CITRUS line.
3. Add remaining ingredients in the order listed, making sure not to exceed the FLAVORING line.
4. Screw the blade assembly onto the cup, and pulse to mix the ingredients.
5. Remove blades from the cup after blending.

TIP

Use the pouring lid or storage lid to store leftover dressing in the refrigerator for up to 2 weeks.





RASPBERRY VINAIGRETTE

PREP: 5 MINUTES

CONTAINER: 16-OUNCE PRECISION PINT

MAKES: APPROX. 1 1/2 CUPS

INGREDIENTS

- 3/4 cup olive oil
- 1/3 cup apple cider vinegar
- 1 teaspoon minced garlic
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1/2 tablespoon Dijon mustard
- 1/2 cup raspberries
- 1 tablespoon honey

DIRECTIONS

1. Add olive oil into the 16-ounce Precision Pint, filling up to the OIL line.
2. Add apple cider vinegar, filling up to the VINEGAR/CITRUS line.
3. Add remaining ingredients in the order listed, making sure not to exceed the FLAVORING line.
4. Screw the blade assembly onto the cup, and pulse to mix the ingredients.
5. Remove blades from the cup after blending.

TIP

Use the pouring lid or storage lid to store leftover dressing in the refrigerator for up to 2 weeks.



SUN DRIED TOMATO VINAIGRETTE

PREP: 5 MINUTES

CONTAINER: 16-OUNCE PRECISION PINT

MAKES: APPROX. 1 1/2 CUPS

INGREDIENTS

- 3/4 cup olive oil
- 1/3 cup white balsamic vinegar
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 1 teaspoon minced garlic
- 1/2 tablespoon dried oregano
- 6 sun dried tomatoes packed in oil

DIRECTIONS

1. Add olive oil into the 16-ounce Precision Pint, filling up to the OIL line.
2. Add white balsamic vinegar, filling up to the VINEGAR/CITRUS line.
3. Add remaining ingredients in the order listed, making sure not to exceed the FLAVORING line.
4. Screw the blade assembly onto the cup, and pulse to mix the ingredients.
5. Remove blades from the cup after blending.

TIP

Use the pouring lid or storage lid to store leftover dressing in the refrigerator for up to 2 weeks.



ASIAN DRESSING

PREP: 5 MINUTES

CONTAINER: 16-OUNCE PRECISION PINT

MAKES: APPROX. 1 1/2 CUPS

INGREDIENTS

- 3/4 cup olive oil
- 1/3 cup rice wine vinegar
- 2 teaspoons minced garlic
- 2 teaspoons minced ginger
- 2 tablespoons soy sauce
- 1/2 tablespoon sriracha
- 2 tablespoons agave

DIRECTIONS

1. Add olive oil to the 16-ounce Precision Pint, filling up to the OIL line.
2. Add rice wine vinegar, filling up to the VINEGAR/CITRUS line.
3. Add remaining ingredients in the order listed, making sure not to exceed the FLAVORING line.
4. Screw the blade assembly onto the cup, and pulse to mix the ingredients.
5. Remove blades from the cup after blending.

TIP

Use the pouring lid or storage lid to store leftover dressing in the refrigerator for up to 2 weeks.

BLACKBERRY BALSAMIC

PREP: 5 MINUTES

CONTAINER: 16-OUNCE PRECISION PINT

MAKES: APPROX. 1 1/2 CUPS

INGREDIENTS

- 3/4 cup olive oil
- 1/3 cup balsamic vinegar
- 1 teaspoon minced garlic
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon honey mustard
- 1/2 cup blackberries

DIRECTIONS

1. Add olive oil into the 16-ounce Precision Pint, filling up to the OIL line.
2. Add balsamic vinegar, filling up to the VINEGAR/CITRUS line.
3. Add remaining ingredients in the order listed, making sure not to exceed the FLAVORING line.
4. Screw the blade assembly onto the cup, and pulse to mix the ingredients.
5. Remove blades from the cup after blending.

TIP

Use the pouring lid or storage lid to store leftover dressing in the refrigerator for up to 2 weeks.



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