

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



# NINJA® Foodi™ BLENDER

COLD & HOT

15 DELICIOUS RECIPES

THE EVOLUTION OF THE BLENDER



# YOUR GUIDE TO BLENDING & COOKING LIKE A FOODI.

Welcome to the Ninja® Foodi™ Blender inspiration guide. 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 frozen drinks and smoothies, to soups, desserts, and craft cocktails—all in your blender. Now let's get started.

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

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# BLENDING CLASSICS

## LOADING TIPS

**Do not go past the MAX LIQUID line when loading the blender pitcher.** Overfilling ingredients may harm the unit when in use. Load ice or frozen ingredients first, and softer, water-dense ingredients on top. This will create a vortex in the pitcher that makes for a smooth breakdown of ingredients.



Top off with fresh fruits and vegetables.



Next add leafy greens and herbs.



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



Next add any dry or sticky ingredients like seeds, powders, and nut butters.



Start with ice or frozen ingredients.

### PREP TIPS

For best results, cut ingredients in 1-inch chunks.

## TROPICAL ISLAND VIBES



# FROZEN MANGO MARGARITA

**PREP:** 5 MINUTES

**BLEND TIME:** 1 MINUTE

**MAKES:** 4 SERVINGS

### INGREDIENTS

4 cups frozen mango chunks

1 cup tequila

½ cup triple sec

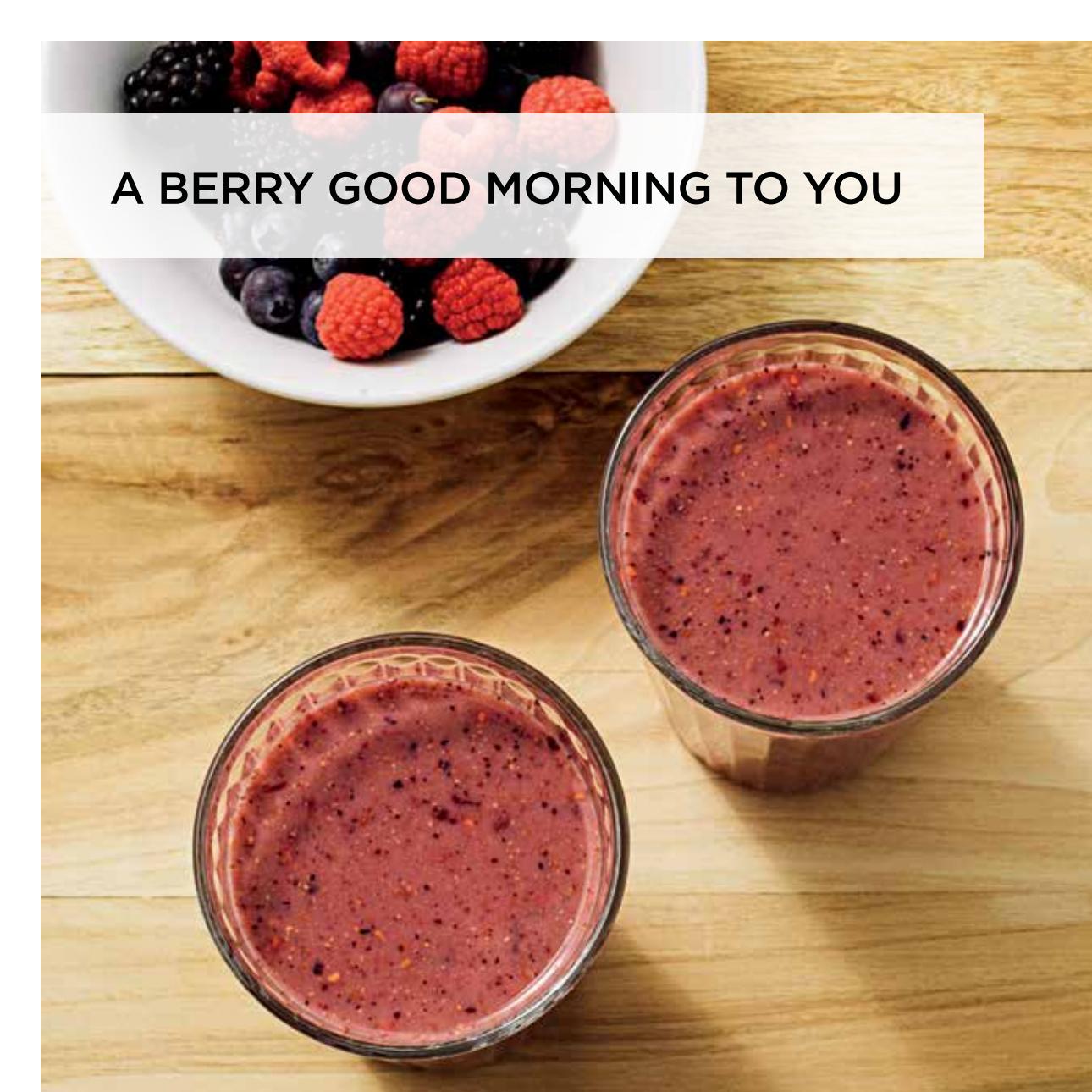
2 cups mango nectar

2 tablespoons lime juice

### DIRECTIONS

- 1 Place all ingredients into the blender pitcher in the order listed.
- 2 Select FROZEN DRINK.

**BLENDING  
CLASSICS**



## A BERRY GOOD MORNING TO YOU

# MORNING BERRY SMOOTHIE

**PREP:** 5 MINUTES

**BLEND TIME:** 1 MINUTE

**MAKES:** 4 SERVINGS

### INGREDIENTS

- 4 cups frozen mixed berries
- 2 scoops protein powder
- 2 cups yogurt
- 2 cups almond milk

### DIRECTIONS

- 1 Place all ingredients into the blender pitcher in the order listed.
- 2 Select SMOOTHIE.

BLENDING  
CLASSICS

## DRINK YOUR GREENS



# SPINACH APPLE EXTRACT

**PREP:** 5 MINUTES  
**BLEND TIME:** 2 MINUTES  
**MAKES:** 10 SERVINGS

## INGREDIENTS

1 cup ice  
1 cup coconut water  
½ cup fresh orange juice  
1 ½ cups lightly packed spinach  
1 small green apple, cut in 1-inch pieces  
2 small bananas, peeled, cut in half  
1-inch piece ginger, peeled, cut in quarters

## DIRECTIONS

- 1 Place all ingredients into the blender pitcher in the order listed.
- 2 Select EXTRACT.

BLENDING  
CLASSICS

**DAIRY-FREE, NOT YUMMY-FREE**



# VANILLA ALMOND MILK

**PREP:** 5 MINUTES  
**BLEND TIME:** 2 MINUTES  
**CHILL:** 2 HOURS  
**MAKES:** 10 SERVINGS

## INGREDIENTS

2 cups raw almonds, soaked in water for 4-6 hours, then strained  
5 cups water  
2 teaspoons vanilla extract  
2 teaspoons agave nectar

## DIRECTIONS

- 1** Place all ingredients into the blender pitcher in the order listed.
- 2** Select BLEND then HIGH and allow to run for 60 seconds. Then press HIGH again and allow to run another 60 seconds.
- 3** Set a large strainer over a medium bowl, and place a nut bag or cheesecloth in the strainer. Pour half the blended mixture into the strainer, then squeeze the milk out of the bag or cheesecloth into the bowl. Remove ground almonds from the bag or cheesecloth, then repeat process with remaining mixture.
- 4** Chill almond milk for at least 2 hours before serving. Store unused milk in the refrigerator for 3-5 days.

**BLENDING  
CLASSICS**

**SOUPS,  
SAUCES  
& DIPS**



# HOW TO CREATE CUSTOM SMOOTH SOUPS

**SERVINGS:** 3-4  
**COOK TIME:** 35 MINS

## FIRST BUILD FLAVOR

### CHOOSE OIL/BUTTER

2 tablespoons total

Olive oil, coconut oil, butter, avocado oil, canola oil

### ADD ONION

1 small onion or shallot, peeled, quartered

### CHOOSE SPICES + AROMATICS

3 teaspoons total

Garlic, ginger, thyme, salt, pepper, coriander seeds, cumin seeds, tomato paste

### SELECT SAUTÉ

The blender will gently pulse 3 times to chop aromatics and pull them toward the heating element, then it will cook for 5 minutes.

## THEN COOK INGREDIENTS

### CHOOSE A VEGGIE

4 cups total, cut in 1-inch pieces

Carrots, potatoes, sweet potatoes, cauliflower, broccoli, tomatoes, butternut squash, celery, spinach, kale, mushrooms, corn, peppers

### CHOOSE A BASE

4 cups total

Water, vegetable stock/broth, beef stock/broth, coconut milk, chicken stock/broth, tomato puree

### SELECT SMOOTH SOUP

The blender will preheat until it reaches a boil. It will then pulse and stir to evenly cook ingredients, after which it will puree them into a smooth soup.

**PRO TIP:** Add a couple splashes of heavy cream at the end of the program for a creamy texture.



# HOW TO CREATE CUSTOM HEARTY SOUPS

**SERVINGS:** 3-4  
**COOK TIME:** 35 MINS

## FIRST BUILD FLAVOR

**CHOOSE OIL/BUTTER**  
2 tablespoons total

Olive oil, coconut oil, butter, avocado oil, canola oil

**ADD ONION**  
1 small onion or shallot, peeled, quartered

**CHOOSE SPICES + AROMATICS**  
3 teaspoons total

Garlic, ginger, thyme, salt, pepper, coriander seeds, cumin seeds, tomato paste

**SELECT SAUTÉ**

The blender will gently pulse 3 times to chop aromatics and pull them toward the heating element, then it will cook for 5 minutes.

## THEN COOK INGREDIENTS

**CHOOSE A VEGGIE**  
2 cups total, cut in 1-inch pieces

Carrots, potatoes, sweet potatoes, cauliflower, broccoli, tomatoes, butternut squash, celery, spinach/kale, mushrooms, corn, peppers

**OPTIONAL CHOOSE A PROTEIN**  
1 cup total, cut in 1-inch pieces

Beef sirloin, chicken breast, turkey breast, pork loin, ham

**CHOOSE A BASE**  
3 cups total

Water, vegetable stock/broth, beef stock/broth, coconut milk, chicken stock/broth, tomato puree

**OPTIONAL ADD PASTA AND/OR BEANS**  
1 cup total or ½ cup each

Macaroni, ditalini, egg noodles  
**USE PASTA BOX INSTRUCTIONS FOR COOK TIMES**  
  
Chickpeas, white beans, black beans  
**ADD BEANS WITH 6 MINUTES REMAINING IN PROGRAM**

**SELECT HEARTY SOUP**

The blender will preheat until it reaches a boil. It will then gently pulse and stir to evenly cook ingredients.

## GRILLED CHEESE'S FAVE SOUP

# TOMATO BASIL SOUP

**PREP:** 10 MINUTES

**COOK TIME:** 35 MINUTES

**MAKES:** 3-4 SERVINGS

### INGREDIENTS

- 1 small yellow onion, peeled, cut in quarters
- 3 tablespoons olive oil
- 2 teaspoons kosher salt
- 1 can (28 ounces) whole peeled tomatoes
- 1 cup chicken broth
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon dried basil
- 1/3 cup heavy cream
- 1/4 teaspoon crushed red pepper

### DIRECTIONS

- 1 Place olive oil, onion, and salt in the blender pitcher.
- 2 Select SAUTÉ.
- 3 Add remaining ingredients, then select SMOOTH SOUP.

A FALL FAVORITE



## BUTTERNUT SQUASH SOUP

**PREP:** 15 MINUTES

**COOK TIME:** 35 MINUTES

**MAKES:** 3-4 SERVINGS

### INGREDIENTS

- 1 small yellow onion peeled, cut in quarters
- 2 tablespoons olive oil
- 1 tablespoon kosher salt
- ¼ cup raw cashews
- ½ apple, cored, cut in quarters
- 1 small carrot, peeled, cut in quarters
- 4 cups butternut squash, peeled, cut in 1-inch pieces
- 1 teaspoon dried thyme leaves
- 3 cups vegetable stock

### DIRECTIONS

- 1** Place onion, olive oil, and salt in the blender pitcher.
- 2** Select SAUTÉ.
- 3** Add remaining ingredients then select SMOOTH SOUP.

## JUST LIKE GRANDMA'S



# CHICKEN NOODLE SOUP

**PREP:** 15 MINUTES

**COOK TIME:** 30 MINUTES

**MAKES:** 3-4 SERVINGS

### INGREDIENTS

- 1 small onion, peeled, cut in 1-inch pieces
- 2 stalks celery, cut in 1-inch pieces
- 2 carrots, peeled, cut in 1-inch pieces
- 3 1/2 cups chicken stock
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon dried thyme
- 1 cup uncooked chicken, cut in 1-inch pieces
- 1 cup dry egg noodles

### DIRECTIONS

- 1 Place all ingredients, except noodles, into the blender pitcher in the order listed.
- 2 Select HEARTY SOUP.
- 3 With 6 minutes remaining in the program, add egg noodles. Serve immediately.

**TIP:** When program is complete, ensure internal temperature of chicken is 165°F.



IT'S ALL ABOUT THE SAUCE

## TRADITIONAL TOMATO SAUCE

**PREP:** 5 MINUTES

**COOK TIME:** 35 MINUTES

**MAKES:** 4-6 SERVINGS

### INGREDIENTS

- 1 small onion, peeled, cut in quarters
- 2 cloves garlic, peeled
- 1 tablespoon olive oil
- 2 teaspoons kosher salt
- 3 cans (14.5 ounces each) whole peeled tomatoes
- 1 teaspoon granulated sugar
- 1/4 teaspoon ground black pepper
- 1 teaspoon Italian seasoning

### DIRECTIONS

- 1 Place onion, garlic, olive oil, and salt in the blender pitcher.
- 2 Select SAUTÉ.
- 3 Add remaining ingredients and select SAUCE/DIP.



HOT DIP AHEAD

## QUESO DIP

**PREP:** 5 MINUTES

**COOK TIME:** 30 MINUTES

**MAKES:** 6-8 SERVINGS

### INGREDIENTS

1 can (10 ounces) diced fire-roasted tomatoes

3 cups prepared cheese product, cut in 1-inch cubes

### DIRECTIONS

- 1** Place all ingredients into the blender pitcher in the order listed.
- 2** Select SAUCE/DIP.
- 3** Serve with tortilla chips.

DOUBLE DIPPING MAY OCCUR

# CHOCOLATE FONDUE

**PREP:** 5 MINUTES

**COOK TIME:** 30 MINUTES

**MAKES:** 6-8 SERVINGS

## INGREDIENTS

1 bag (12 ounces) semi-sweet chocolate chips

1 cup heavy cream

## GARNISHES

Pretzels, for serving

Marshmallows, for serving

Whole strawberries, for serving

## DIRECTIONS

- 1** Place chocolate chips and heavy cream in the blender pitcher.
- 2** Select SAUCE/DIP.
- 3** Serve fondue warm with pretzels, marshmallows, strawberries, or other fruit, as desired.

## SPREAD THE SWEETNESS



## SIMPLE BERRY JELLY

**PREP:** 10 MINUTES

**COOK TIME:** 30 MINUTES

**MAKES:** 6-8 SERVINGS

### INGREDIENTS

- 3 cups fresh strawberries, ends trimmed
- 1 cup granulated sugar
- 1 tablespoon lemon juice
- 2 teaspoons fruit pectin

### DIRECTIONS

- 1** Place all ingredients into the blender pitcher in the order listed.
- 2** PULSE 3 times then select SAUCE/DIP.
- 3** Pour into a heat-safe glass container and chill at least 2 hours in the refrigerator before serving.

**INFUSED  
CRAFT  
DRINKS**



# HOW TO CREATE CUSTOM COCKTAILS

EST. TIME: 10 MINS

**OPTIONAL**  
**FIRST**  
**BUILD FLAVOR**

Start recipes by toasting spices to unlock and enhance natural flavors, then add the remaining ingredients to heat, blend, and strain.

**CHOOSE  
A SPICE**  
2 teaspoons total

Coriander, clove, cardamom, fennel, cinnamon sticks, dried chillies, black pepper

**SELECT  
SAUTÉ**

The blender will heat to its highest temperature and toast for 5 minutes.

**PRO TIP:** Use this first step to unlock flavors with heat like never before.

**THEN**  
**COOK INGREDIENTS**

**CHOOSE A  
FRESH HERB**  
2 teaspoons total

Loose leaf tea, basil, mint, rosemary, vanilla extract, turmeric, ginger

**CHOOSE  
A FLAVOR**  
2 cups total of  
fresh ingredients

Strawberries, lemons, watermelon, blueberries, raspberries, pineapple, cherries, orange, apple

**CHOOSE  
A LIQUID**  
4 cups total

Vodka, gin, tequila, rum, bourbon, whiskey

**SELECT  
COCKTAIL**

The blender will heat and automatically stir your ingredients by gently pulsing.

**NOTE: We know preserving alcohol content is important, so make sure to select the COCKTAIL button when preparing these drinks.**

Strain ingredients into a heat-proof container. Chill, then serve or mix as desired.



# HOW TO CREATE CUSTOM CONCENTRATED MIXERS

EST. TIME: 10 MINS

## OPTIONAL FIRST BUILD FLAVOR

Start recipes by toasting spices to unlock and enhance natural flavors, then add the remaining ingredients to heat, blend, and strain.

### CHOOSE A SPICE 2 teaspoons total

Coriander, clove, cardamom, fennel, cinnamon sticks, dried chilies, black pepper

### SELECT SAUTÉ

The blender will heat to its highest temperature and toast for 5 minutes.

**PRO TIP:** Use this first step to unlock flavors with heat like never before.

## THEN COOK INGREDIENTS

### ADD WATER

1 cup

### OPTIONAL CHOOSE A SWEETENER

Sugar, maple syrup, honey, agave nectar

½-1 ½ cups total

### CHOOSE A FLAVOR 2 cups total of fresh ingredients

Strawberries, lemons, watermelon, blueberries, raspberries, pineapple, cherries, orange

### CHOOSE A FRESH HERB 2 teaspoons total

Loose leaf tea (green/black/red), basil, mint, rosemary, vanilla extract, turmeric, ginger

### SELECT MIXER

The blender will heat and automatically stir ingredients by gently pulsing.

Strain ingredients into a heat-proof container. Mix with water, seltzer, or favorite spirit. Take dessert to the next level by pouring over ice cream or snow cones.

## HARD CIDER, EASY DRINKING



## SPICED RUM CIDER

**PREP:** 5 MINUTES

**COOK TIME:** 10 MINUTES

**MAKES:** 4 SERVINGS

### INGREDIENTS

- 3 cinnamon sticks, broken in half
- 1 teaspoon whole cloves
- 4 cups apple cider
- 1 cup dark rum
- Peel of 1 navel orange
- Peel of 1 lemon

### DIRECTIONS

- 1 Place cinnamon sticks and whole cloves in the blender pitcher.
- 2 Select SAUTÉ.
- 3 Add remaining ingredients.
- 4 Select COCKTAIL.
- 5 Pour mixture through a strainer and discard pulp. Serve warm.

## SNOW'S FALLING, SPICES ARE MULLING



## TRADITIONAL MULLED WINE

**PREP:** 5 MINUTES  
**COOK TIME:** 10 MINUTES  
**MAKES:** 4 SERVINGS

### INGREDIENTS

1 cinnamon stick, broken in half  
1 bottle (750ml) Rioja red wine  
¼ cup brandy  
1 cup fresh peaches slices  
¼ cup granulated sugar  
1 navel orange, cut in quarters

### DIRECTIONS

- 1** Place cinnamon stick in the blender pitcher.
- 2** Select SAUTÉ.
- 3** Add remaining ingredients.
- 4** Select COCKTAIL.
- 5** Pour mixture through a strainer and discard pulp. Serve warm.

INFUSED  
CRAFT  
DRINKS

**SWEET SUMMER TASTE,  
NO NEED TO CHASE**



# LARGE-BATCH STRAWBERRY-INFUSED VODKA

**PREP:** 5 MINUTES  
**COOK TIME:** 10 MINUTES  
**CHILL:** 2 HOURS  
**MAKES:** 16-20 SERVINGS

## INGREDIENTS

4 cups vodka  
2 cups strawberries, stems removed

## DIRECTIONS

- 1** Place all ingredients in the blender pitcher.
- 2** Select COCKTAIL.
- 3** Pour mixture through a strainer and discard pulp. Chill at least 2 hours in the refrigerator before serving.

**TIP:** Once chilled, mix with seltzer water and serve over ice.

## DYNAMIC DESSERT DUO



# PEANUT BUTTER HOT CHOCOLATE

**PREP:** 5 MINUTES

**COOK TIME:** 20 MINUTES

**MAKES:** 4 SERVINGS

### INGREDIENTS

- 3 cups whole milk
- 1 cup half & half
- 1 cup milk chocolate chips
- 4 tablespoons creamy peanut butter

### GARNISHES

- Mini marshmallows
- Chocolate syrup

### DIRECTIONS

- 1 Place milk, half & half, chocolate chips, and peanut butter in the blender pitcher.
- 2 Select TEMP MED and cook for 20 minutes. PULSE every 5 minutes to ensure even heating.
- 3 Garnish with marshmallows and chocolate syrup, as desired.

NINJA<sup>®</sup>  
Foodi<sup>™</sup>  
BLENDER  
COLD & HOT

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