

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

**NINJA**<sup>®</sup>

**PROFESSIONAL PLUS**

**KITCHEN SYSTEM  
WITH AUTO-IQ**<sup>®</sup>

# QUICK START GUIDE

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**+ 15 IRRESISTIBLE RECIPES**

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# NINJA® BLENDER PROFESSIONAL PLUS KITCHEN SYSTEM

## QUICK ASSEMBLY

### SINGLE-SERVE CUP

#### PARTS



SINGLE-SERVE CUP



SPOUT LID

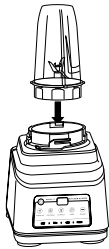


PRO EXTRACTOR  
BLADES® ASSEMBLY

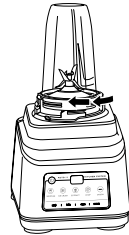
#### ASSEMBLY



1. Fill Single-Serve Cup with desired contents.



2. Screw on Pro Extractor Blades Assembly clockwise until you have a tight seal.



3. Flip cup upside down and lower it onto base.

4. Turn cup clockwise to lock in place.

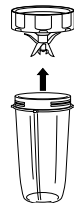
#### BLEND & ENJOY



1. Select any of the illuminated programs to begin blending.




2. When blending is complete, turn cup counterclockwise and lift to remove.




3. Turn blade assembly counterclockwise to remove.



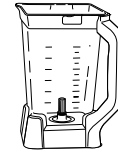
4. Place Spout Lid on top of cup and turn clockwise to lock in place.

Once the Single-Serve Cup is locked onto base, press the Power button  to turn the unit on. The compatible program buttons will illuminate.

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

### TOTAL CRUSHING® PITCHER

#### PARTS



TOTAL CRUSHING  
PITCHER

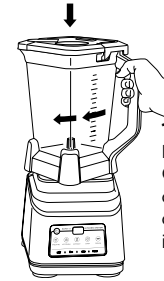


PITCHER LID

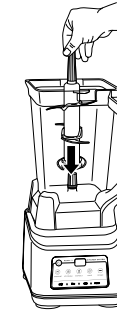


STACKED BLADE  
ASSEMBLY

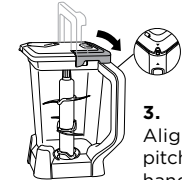
#### ASSEMBLY



1. Place the Total Crushing Pitcher on base and turn clockwise to lock in place.



2. Holding Stacked Blade Assembly by the top of the shaft, insert it into pitcher.



3. Align arrows on pitcher lid and handle, then lower handle to lock in place.

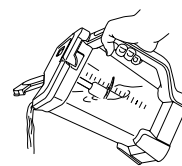
#### BLEND & ENJOY



1. Select any of the illuminated programs to begin.



2. When blending is complete, turn pitcher counterclockwise and lift to remove.





3a. To pour out thinner mixtures, ensure lid is locked in place, then open pour spout.



3b. For thicker mixtures, press RELEASE button and lift handle to remove lid, then carefully lift out blade assembly before pouring.

**NOTE:** The pitcher lid handle will not fold down unless it is attached to the pitcher.

Once the Total Crushing Pitcher is locked onto base, press the Power button  to turn the unit on. The compatible program buttons will illuminate.

 **WARNING:** Stacked Blade Assembly is sharp and not locked in place. Make sure lid is locked onto pitcher before pouring contents. If pouring without lid, carefully remove blade assembly first. Failure to do so will result in a risk of laceration. Refer to the Ninja Owner's Guide for additional information.

PARTS



PRECISION PROCESSOR BOWL



PRECISION PROCESSOR BOWL LID

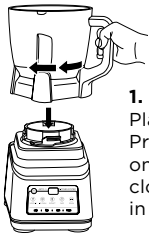


CHOPPING BLADE ASSEMBLY

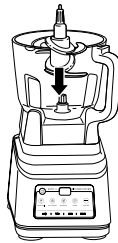


DOUGH BLADE ASSEMBLY

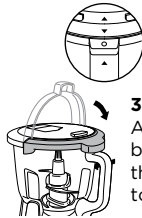
ASSEMBLY



**1.** Place Precision Processor Bowl on base and turn clockwise to lock in place.

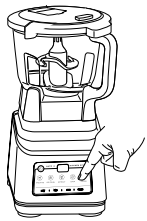


**2.** Holding the blade assembly by the top of the shaft, insert it into bowl.

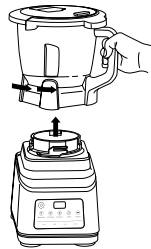


**3.** Align arrows on bowl lid and handle, then lower handle to lock in place.

BLEND & ENJOY




**1.** Select any of the illuminated programs to begin processing.



**2.** When processing is complete, remove lid from base by turning it counterclockwise, then lifting it off.



**3.** Remove lid by pressing the RELEASE button on side of front tab and lifting up.  
Remove blade assembly before emptying bowl

Once the Precision Processor Bowl is locked onto base, press the Power button  to turn the unit on. The compatible program buttons will illuminate.

**WARNING:** Chopping Blade Assembly is sharp and not locked in place. Before pouring, carefully remove blade assembly. Failure to do so will result in a risk of laceration. Refer to the Ninja Owner's Guide for additional information.

AUTO-IQ® PROGRAMS

Intelligent preset programs that combine unique blending and pausing patterns that do the work for you. Once a preset program is selected, it will start immediately and automatically stop when blending is complete. To stop blending before the end of the program, press the currently active button again.

SINGLE-SERVE CUP



- SMOOTHIE**  
Fresh/Frozen Fruits  
Milk/Yogurt  
Protein Shakes
- ICE CRUSH**  
Margaritas  
Daiquiris  
Milkshakes
- EXTRACT**  
Whole Fruits/Vegetables  
Fibrous Ingredients  
Seeds

TOTAL CRUSHING® PITCHER



- SMOOTHIE**  
Fresh/Frozen Fruits  
Milk/Yogurt  
Protein Shakes
- ICE CRUSH**  
Margaritas  
Daiquiris  
Milkshakes

PRECISION PROCESSOR® BOWL



- CHOP**  
Veggie Prep  
Salsas  
Mincing
- DOUGH**  
Pizza  
Bread  
Cookies

MANUAL PROGRAMS

**LOW, MEDIUM, and HIGH:** When selected, each of these speeds runs continuously for 60 seconds. Press the currently active button again to stop the program sooner. They do not work in conjunction with any Auto-iQ programs.

**PULSE:** Offers greater control of pulsing and blending. Operates only when **PULSE** is pressed. Use short presses for short pulses and long presses for long pulses.

CLEANING

**Dishwasher:** The containers, lids, and blade assemblies are all dishwasher safe only. The lids and blade assemblies are top-rack dishwasher safe. Ensure the blade assemblies are removed from the containers before placing in the dishwasher.

**Hand-washing:** Wash containers, lids, and blade assemblies in warm, soapy water. When washing the blade assemblies, use a dishwashing utensil with a handle to avoid direct hand contact with blades. Handle blade assemblies with care to avoid contact with sharp edges. Rinse and air-dry thoroughly.

**WARNING:** Always unplug your blender base before cleaning.

**WARNING:** Handle the blade assemblies with care when washing, as the blades are sharp. Contact with the blades' edges can result in laceration.

# STRAWBERRY DAIQUIRI

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 5 SERVINGS

## INGREDIENTS

1 cup lime juice  
1 cup light rum  
4 cups frozen strawberries

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select ICE CRUSH.

# SPINACH ARTICHOKE DIP

**PREP:** 15 MINUTES | **COOK:** 30 MINUTES  
**CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 9 CUPS

## INGREDIENTS

3 tablespoons unsalted butter  
2 cloves garlic, peeled, chopped  
1 large onion, peeled, chopped  
1/3 cup all-purpose flour  
2 teaspoons kosher salt  
1 teaspoon ground black pepper  
1 can (14 ounces) artichoke hearts, drained  
1 pound baby spinach  
4 cups low-sodium vegetable broth  
2 cups grated Parmesan cheese  
1/2 cup sour cream

## DIRECTIONS

- 1 Place butter, garlic, and onion into a 5-quart saucepan over medium-low heat. Cook for 5 minutes.
- 2 Add flour, salt, and pepper, and stir to incorporate. Add artichoke hearts, spinach, and broth. Bring to a boil, then reduce heat to medium-low and cook for 20 minutes.
- 3 Remove from heat and cool to room temperature.
- 4 Place cooled mixture into the 72-ounce Total Crushing Pitcher. Select HIGH and blend until desired consistency is reached.
- 5 Return sauce to saucepan, add Parmesan and sour cream, then simmer until heated through.

**DO NOT BLEND HOT INGREDIENTS.**

# ROASTED GARLIC & ROMA TOMATO SOUP

**PREP:** 10 MINUTES | **COOK:** 15 MINUTES  
**CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 6 SERVINGS

## INGREDIENTS

1 can (28 ounces) whole peeled tomatoes  
4 cloves garlic, peeled  
3 tablespoons tomato paste  
3/4 cup silken tofu  
3 tablespoons extra virgin olive oil  
1/2 teaspoon kosher salt  
1/4 teaspoon ground black pepper  
1 cup vegetable broth  
1 tablespoon fresh basil leaves

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select HIGH until desired consistency is reached.
- 3 Transfer contents to a large saucepan and simmer over medium-low heat for about 15 minutes, or until heated through.

**DO NOT BLEND HOT INGREDIENTS.**

# FRESH CITRUS MARGARITA

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 4 SERVINGS

## INGREDIENTS

1 lime, peeled, cut in half, seeds removed  
1 lemon, peeled, cut in quarters, seeds removed  
1/3 cup orange juice  
1/4 cup triple sec  
2/3 cup tequila  
4 cups ice

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select ICE CRUSH.

# FROZEN STRAWBERRY PEACH TREAT

**PREP:** 10 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 1 SERVING

## INGREDIENTS

1 1/2 cups frozen strawberries  
 1/2 cup frozen peaches  
 1 cup whole milk  
 1/4 cup low-fat vanilla yogurt  
 2 tablespoons agave nectar  
 1 teaspoon vanilla extract

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select HIGH until smooth.

# MORNING BERRY

**PREP:** 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 SERVINGS

## INGREDIENTS

1 medium ripe banana, cut in half  
 1 1/2 cups almond milk  
 3 tablespoons honey  
 2 tablespoons flaxseed  
 1 1/2 cups frozen mixed berries

## DIRECTIONS

- 1 Place all ingredients into the 24-ounce Single-Serve Cup in the order listed.
- 2 Select EXTRACT.
- 3 Remove blades from cup after blending.

# COOL GINGER PEAR

**PREP:** 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 SERVINGS

## INGREDIENTS

1 ripe pear, cored, cut in quarters  
 1/4-inch piece fresh ginger, peeled  
 2 teaspoons fresh lemon juice  
 2 1/4 cups cold water  
 Honey, to taste

## DIRECTIONS

- 1 Place all ingredients into the 24-ounce Single-Serve Cup in the order listed.
- 2 Select EXTRACT.
- 3 Remove blades from cup after blending.

# LEAN GREEN

**PREP:** 10 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 SERVINGS

## INGREDIENTS

1/2 small ripe banana  
 1/2 cup pineapple chunks  
 1/2 cup mango chunks  
 1/4 cup kale leaves  
 1/4 cup baby spinach  
 1/2 cup coconut water  
 1 cup ice

## DIRECTIONS

- 1 Place all ingredients into the 24-ounce Single-Serve Cup in the order listed.
- 2 Select EXTRACT.
- 3 Remove blades from cup after blending.

# MEDITERRANEAN CHICKEN SALAD

**PREP:** 10 MINUTES | **CONTAINER:** 64-OUNCE PRECISION PROCESSOR® BOWL | **MAKES:** 2 SERVINGS

## INGREDIENTS

2 cups romaine lettuce, torn in large pieces  
1 cup cooked chicken breast, cooled  
1 cup cherry tomatoes  
1/2 cup Kalamata olives  
1/2 cup feta cheese  
Salad dressing, for serving

## DIRECTIONS

- 1 Place all ingredients, except dressing, into the 64-ounce Precision Processor Bowl in the order listed.
- 2 Select CHOP.
- 3 Toss with salad dressing and serve.

**DO NOT BLEND HOT INGREDIENTS.**

# PIE DOUGH

**PREP:** 20 MINUTES | **CONTAINER:** 64-OUNCE PRECISION PROCESSOR® BOWL | **MAKES:** 2 PIE CRUSTS

## INGREDIENTS

2 1/2 cups all-purpose flour  
1 teaspoon kosher salt  
6 tablespoons unsalted butter, cold, cut in cubes  
5 tablespoons vegetable shortening baking stick, cold, cut in cubes  
1/2 cup ice-cold water

## DIRECTIONS

- 1 Position the Dough Blade in the 64-ounce Precision Processor Bowl, then add flour, salt, butter, and shortening.
- 2 PULSE until combined.
- 3 Add ice-cold water. Select DOUGH until a dough ball is formed.
- 4 Transfer dough to a lightly floured work surface and knead.
- 5 Divide dough into 2 pieces. Form each piece into a 1-inch-thick flattened disc. Wrap each disc in plastic wrap and refrigerate until needed.

# TACO NIGHT

**PREP:** 15 MINUTES | **COOK:** 6-8 MINUTES  
**CONTAINER:** 64-OUNCE PRECISION PROCESSOR® BOWL | **MAKES:** 8 TACOS

## INGREDIENTS

1/2 medium yellow onion, peeled, cut in quarters  
1 pound uncooked boneless turkey breast, cut in 2-inch cubes  
1 tablespoon canola oil  
1 package (1 ounce) low-sodium taco seasoning mix

## FOR SERVING

8 hard taco shells  
1/2 cup low-fat cheddar cheese, shredded  
1 cup shredded lettuce  
1/4 cup jalapeño peppers, sliced  
1/3 cup cilantro, chopped  
1/2 cup salsa

## DIRECTIONS

- 1 Place the onion and turkey into the 64-ounce Precision Processor Bowl. Select CHOP until finely ground.
- 2 Heat oil in a medium skillet over medium heat. Sauté turkey mixture for 6 to 8 minutes, or until cooked through. Add taco seasoning mix and stir to combine.
- 3 Assemble each taco with cooked turkey, cheese, lettuce, jalapeño peppers, cilantro, and salsa.

# WATERMELON QUENCH

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER | **MAKES:** 1 SERVING

## INGREDIENTS

2 1/2 cups watermelon chunks  
2 cups pomegranate juice  
1 cup frozen peach slices

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE.

## CHICKEN POT PIE

**PREP:** 10 MINUTES | **COOK:** 55-65 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR® BOWL | **MAKES:** 6 SERVINGS

## INGREDIENTS

**CRUST**

Pie dough (recipe on the next page)

**FILLING**

4 medium carrots, peeled, cut in thirds

3 stalks celery, cut in thirds

1 1/2 small onions, peeled, cut in quarters

1 pound uncooked boneless, skinless chicken breasts

2 tablespoons olive oil

1 stick (1/2 cup) butter

1/2 cup flour

4 cups chicken broth

1 tablespoon fresh thyme leaves

Kosher salt, to taste

Ground black pepper, to taste

2 tablespoons milk

## DIRECTIONS

- 1 To prepare the crust, follow Pie Dough recipe on the next page.
- 2 Preheat oven to 375°F. Place carrots, celery, and onions into the 64-ounce Precision Processor Bowl.
- 3 Select CHOP. Transfer chopped vegetables to a bowl and set aside.
- 4 Place chicken into the 64-ounce Precision Processor Bowl. Select CHOP.
- 5 Add olive oil to a large skillet over medium heat. Add chopped vegetables and cook for 2 to 3 minutes. Add chopped chicken and continue cooking until vegetables are softened and chicken is cooked through, about 5 to 8 minutes.
- 6 Melt butter in a saucepan over medium heat. Add flour to saucepan, stirring constantly, for 3 minutes. Add broth, stirring constantly with a whisk, until mixture thickens to form a sauce. Add thyme and season with salt and pepper.
- 7 Combine the vegetables and chicken with the sauce, then pour mixture into a casserole dish. Remove one pie dough disc from refrigerator and roll out to 2 inches larger than the casserole dish. Place dough on top of filling and crimp edges. Cut vent holes in dough and brush with milk. Cook for 45 to 50 minutes or until crust is lightly browned.

## MARGHERITA PIZZA

**PREP:** 20 MINUTES | **RISE:** 1 HOUR | **COOK:** 15-20 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR® BOWL | **MAKES:** 2 (12-INCH) PIZZAS

## INGREDIENTS

**DOUGH**

1 packet (2 1/4 teaspoons) active dry yeast

1 1/2 teaspoons granulated sugar

1 1/4 cup warm water

4 cups all-purpose flour

1 teaspoon kosher salt

1/2 cup extra virgin olive oil

**TOPPINGS**

1/2 cup pizza sauce

2 cups fresh mozzarella, cut in 1/2-inch chunks

2 Roma tomatoes, thinly sliced

Kosher salt, to taste

Ground black pepper, to taste

1/2 cup fresh basil leaves, for garnish

## DIRECTIONS

- 1 To make the dough, combine the yeast, sugar, and warm water in a small bowl and set aside until foamy, about 5 minutes.
- 2 Position the Dough Blade in the 64-ounce Precision Processor Bowl, then add the flour, salt, olive oil, and yeast mixture.
- 3 Select DOUGH for 30 seconds, or until a dough ball forms.
- 4 Place dough ball in a lightly oiled bowl and cover loosely with plastic wrap. Let rise in a warm place for 1 hour, or until dough ball doubles in size.
- 5 Once dough has risen, preheat oven to 400°F.
- 6 Cut dough ball in half. Roll out one half into a 10-inch disc and place on a lightly oiled pan. Repeat with other half.
- 7 Top each rolled-out dough with 1/4 cup pizza sauce, spreading it out in a thin and even layer. Sprinkle each with mozzarella and then top with tomatoes. Sprinkle with salt and pepper to taste.
- 8 Bake 15 to 20 minutes, or until crust is golden brown and cooked through. Garnish with fresh basil.





# NINJA<sup>®</sup>

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KITCHEN SYSTEM  
WITH AUTO-IQ<sup>®</sup>

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