

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



NINJA **DUO**

Smart Screen™

BLENDER

—with FRESHVAC™ TECHNOLOGY—

**QUICK START
GUIDE**



PUMP OXYGEN OUT. LOCK VITAMINS IN. STAYS FRESH OVERNIGHT.



OXYGEN REMOVAL
BLENDING

TRADITIONAL
BLENDING MODE

WHAT

WHAT IS FRESHVAC™ TECHNOLOGY?

Our innovative FreshVac pump removes oxygen from the vessel before blending, resulting in a bright-colored, great-tasting, silky-smooth, vitamin-rich drink that stays fresh overnight.

WHY

WHY OXYGEN IS BAD FOR SMOOTHIES.

Oxygen can affect the flavor, color, texture, and even the vitamin content of your blended drinks.

WHEN

WHEN TO USE FRESHVAC.

For best results, use the FreshVac pump when making smoothies, nutrient extractions, dressings, and dips.

Frozen drinks and ice cream recipes do not benefit from the FreshVac Pump.

FRESHVAC'S FAVORITE FRUITS AND VEGETABLES

Get started with this list of ingredients that pair well with the FreshVac™ Pump to make vibrant, rich-tasting, smooth-textured drinks. Feel free to freestyle with other ingredients.



Orange



Lime



Grapefruit



Basil



Spinach



Watermelon



Honeydew



Pineapple



Apple



Kiwi



Pear



Strawberry



Raspberry



Kale



Carrot



Cucumber



Cantaloupe



Blueberry



Mint



Lemon

TAKE THE FRESHVAC™ CHALLENGE

Try the recipes in this guide with and without the FreshVac Pump to experience the FreshVac difference.

SHARE YOUR RESULTS on



#FreshVacChallenge
and tag @NinjaKitchen

WE'VE CHANGED THE SMOOTHIE GAME, AGAIN.

With FreshVac™ Technology in your blender, you'll create fresh and tasty vitamin-rich drinks. But that's not all this blender DUO® can do. From restaurant-style salsas and purees to frozen drinks and ice cream, this kitchen system will be your new partner in meal prep.



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ISLAND
SUNRISE
SMOOTHIE

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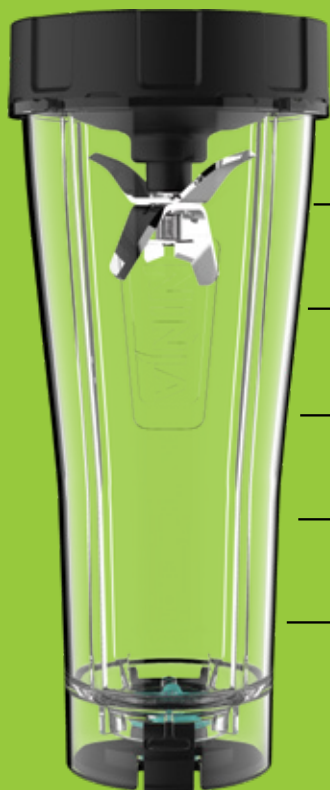


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MANGO
TANGO

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LOADING TIPS FOR YOUR SINGLE-SERVE FRESHVAC™ CUP



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-inch chunks. Place frozen ingredients in the cup last.

CAUTION: Remove the Pro Extractor Blades Assembly from the Single-Serve FreshVac Cup upon completion of blending. Do not store ingredients before or after blending in the cup with the blade assembly attached. Some foods may contain active ingredients or release gases that will expand if left in a sealed container, resulting in excessive pressure buildup that can pose a risk of injury. For ingredient storage in the cup, only use Spout Lid to cover.

TIPS FOR YOUR FRESHVAC™ PITCHER



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.

2



Next add leafy greens and herbs.

1

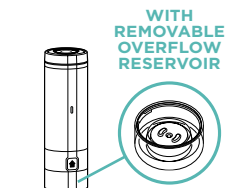


Start by adding fresh fruits and vegetables.

PREP TIPS

For best results, cut ingredients in 1-inch chunks. Do not place frozen ingredients first in the pitcher.

PARTS

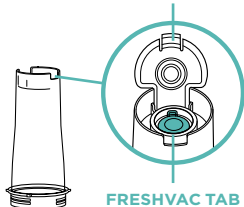


FRESHVAC™ PUMP



6 AA ALKALINE BATTERIES

WITH FLIP & SEAL LID



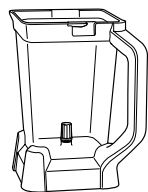
SINGLE-SERVE FRESHVAC CUP



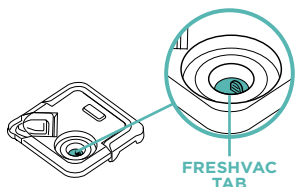
SPOUT LID



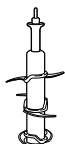
PRO EXTRACTOR BLADES® ASSEMBLY



72 OZ. FRESHVAC PITCHER

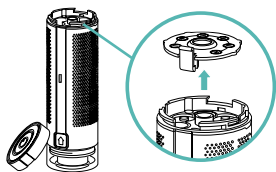


PITCHER LID

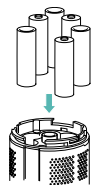


STACKED BLADE ASSEMBLY

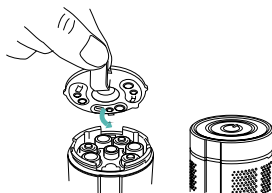
INSTALLING THE BATTERIES IN THE FRESHVAC PUMP



1 Unscrew the FreshVac Pump's power button cap and remove the battery cover.



2 Install 6 AA alkaline batteries (included), ensuring the +/- symbols on the batteries match the markings on the battery cover and battery housing.



3 Replace the battery cover, making sure it is fully seated and clicked in place. Screw on the pump's power button cap.

FRESHVAC PUMP LIGHT INDICATORS

White light: Vacuum sealing in progress

Green light: Vacuum sealing complete

If light blinks white and green, replace batteries or make sure they're properly installed.

CLEANING

TOUCHSCREEN

Before first use, remove the protector from the touchscreen by pulling the **PEEL HERE** tab.

Clean touchscreen with a soft, dry cloth to avoid scratching. To remove residue from the screen, you may use an all-purpose cleaner.



DISHWASHER:

- The containers, lids, and blade assemblies are all dishwasher safe. The lids and blade assemblies are top-rack dishwasher safe. Ensure the blade assemblies are removed from the containers before placing in the dishwasher.
- Place cup in the dishwasher with Flip & Seal Lid open to remove food residue while cleaning.

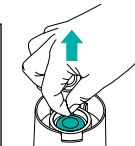
DO NOT PUT THE OVERFLOW RESERVOIR IN THE DISHWASHER.



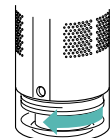
HAND-WASHING:

Wash containers, lids, blade assemblies, and overflow reservoir 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.

TIP: If you find residue underneath the FreshVac™ Tab, try lifting it gently and rinsing under warm water. **DO NOT** remove FreshVac Tab.



DO NOT SUBMERGE THE PUMP IN WATER.



HOW TO REMOVE OVERFLOW RESERVOIR
Twist it counterclockwise to remove it from the FreshVac Pump.

SMART SCREEN™ TECHNOLOGY

Customized power, speed, and pre-set programs for each attachment. Simply select from specially tailored smart programs on an easy-to-use touchscreen for consistent results with zero guesswork.

SINGLE-SERVE FRESHVAC™ CUP



SMOOTHIE
Fresh/Frozen Fruits
Milk/Yogurt
Protein Shakes

EXTRACT
Whole Fruits/
Vegetables
Fibrous Ingredients
Seeds

FROZEN DRINK
Margaritas
Daiquiris
Milkshakes

FRESHVAC PITCHER



SMOOTHIE
Fresh/Frozen Fruits
Milk/Yogurt
Protein Shakes

ICE CREAM
Sorbet
Sherbet
Frozen Yogurt

PUREE
Hummus
Pesto
Sauces

FROZEN DRINK
Margaritas
Daiquiris
Milkshakes

WARNING: Always unplug the 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.

TRADITIONAL BLENDING MODE WITH THE SINGLE-SERVE FRESHVAC™ CUP



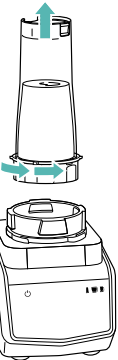
1 Fill the cup with desired contents, making sure to not exceed the MAX LIQUID line. Then place Pro Extractor Blades® Assembly on cup and rotate clockwise until tightly sealed.



2 Flip cup upside down and lower it onto base. Turn cup clockwise to lock in place.



3 Select any of the illuminated programs to begin blending.



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



5 Turn blade assembly counterclockwise to remove.



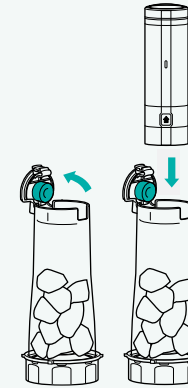
6 Place spout lid on top of cup and turn clockwise to lock in place.

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

OXYGEN REMOVAL BLENDING WITH THE SINGLE-SERVE FRESHVAC™ CUP



1 Fill the cup with desired contents, making sure to not exceed MAX LIQUID line. Then place Pro Extractor Blades® Assembly on cup and rotate clockwise until tightly sealed.

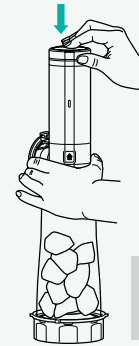


2 Turn cup upside down so the Flip & Seal Lid is on top and the bottom of the blade assembly is flat on the counter.

3 Open the Flip & Seal Lid by pressing and lifting the latch. Set the FreshVac Pump on top of the FreshVac Tab.

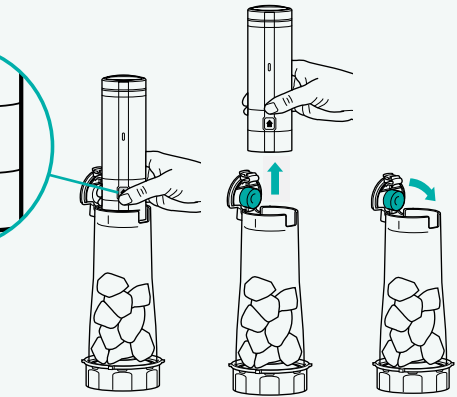
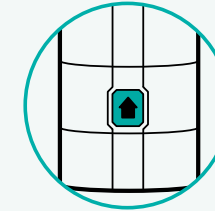
The pump DOES NOT lock in place on the lid.

Be sure FreshVac Tab is dry before using FreshVac Pump.



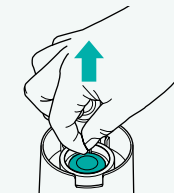
Do not use FreshVac Pump **after** blending, as this could damage the pump.

4 Press the power button on top of the pump to begin vacuum sealing. The pump will shut off automatically once vacuum sealing is complete.



5 To release the pump from the cup, press the pump release button on the bottom front of the pump and lift. Click the Flip & Seal Lid closed.

6 Lock cup in place on base and blend as desired. Once blending is complete, remove the cup from the base and place the cup flat on the counter.



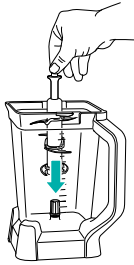
7 Gently pull up on the FreshVac Tab until hissing sound stops to release the vacuum seal, then close the Flip & Seal Lid.

DO NOT PULL TAB OUT

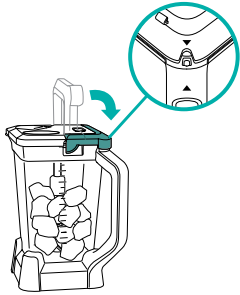
8 Remove the blade assembly and screw the spout lid clockwise onto the cup.

Visit ninjakitchen.com to learn more. 11

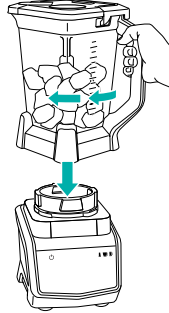
TRADITIONAL BLENDING MODE WITH FRESHVAC™ PITCHER



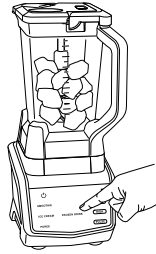
1 Holding Stacked Blade Assembly by the top of the shaft, insert it into pitcher. Then add ingredients, making sure to not exceed the MAX LIQUID line.



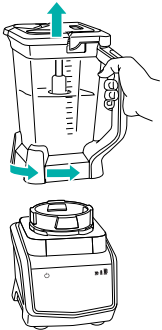
2 Align arrows on pitcher lid and handle, then lower handle to lock in place.



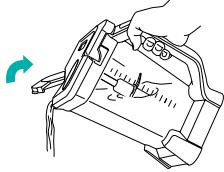
3 Place pitcher on base and turn clockwise to lock in place.



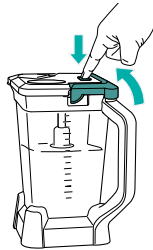
4 Select any of the illuminated programs to begin.



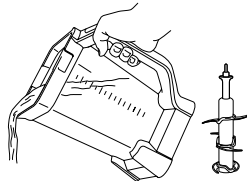
5 When blending is complete, turn pitcher counterclockwise and lift to remove.



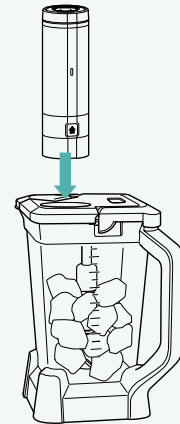
6A To pour out thinner mixtures, ensure lid is locked in place, then open pour spout.



6B For thicker mixtures, press the LID RELEASE button and lift handle to remove lid, then carefully lift out blade assembly before pouring.

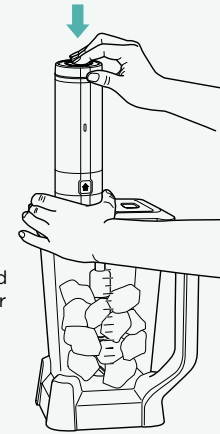


OXYGEN REMOVAL BLENDING WITH FRESHVAC™ PITCHER



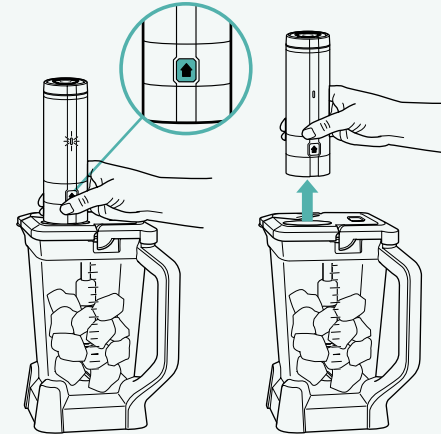
1 Fill the pitcher with desired contents, making sure to not exceed MAX LIQUID line. Secure the pitcher lid. Then set the pitcher on a level surface and place the FreshVac Pump on top of the FreshVac Tab on the lid.

The pump DOES NOT lock into place on the lid.



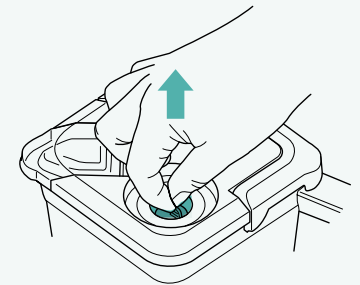
2 Press the power button on top of the pump to begin vacuum sealing. The pump will shut off automatically once vacuum sealing is complete.

Do not use FreshVac Pump **during or after** blending, as this could damage the pump.



3 To release the pump from the pitcher, press the pump release button on the bottom front of the pump and lift.

4 Lock pitcher onto base and blend as desired.



5 When blending is complete, gently pull up on the FreshVac Tab until hissing sound stops to release the vacuum seal before opening the lid.

DO NOT PULL TAB OUT



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

RECIPES

FOR BEST RESULTS WITH THESE RECIPES,
USE THE FRESHVAC™ PUMP.



BERRY ALMOND SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 20-OUNCE SINGLE-SERVE FRESHVAC™ CUP

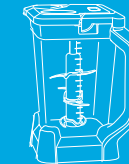
MAKES: 2 SERVINGS

INGREDIENTS

- 1/2 small ripe banana, peeled, cut in half
- 1 cup almond milk
- 1 tablespoon almond butter
- 1 cup frozen mixed berries

DIRECTIONS

- 1 Place all ingredients into the 20-ounce Single-Serve FreshVac Cup in the order listed. **See page 11 for oxygen removal blending instructions.**
- 2 Select SMOOTHIE.
- 3 Remove blades from cup after blending. Attach spout lid to enjoy on the go.



STRAWBERRY BANANA SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 72-OUNCE FRESHVAC™ PITCHER

MAKES: 4 SERVINGS

INGREDIENTS

4 small ripe bananas, peeled, cut in half

2 cups low-fat milk

1/4 cup agave nectar

4 cups frozen strawberries

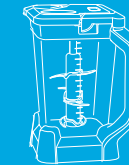
DIRECTIONS

1 Place all ingredients into the 72-ounce FreshVac Pitcher in the order listed.

See page 13 for oxygen removal blending instructions.

2 Select SMOOTHIE.





ISLAND SUNRISE SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 72-OUNCE FRESHVAC™ PITCHER

MAKES: 4 SERVINGS

INGREDIENTS

- 1 small ripe banana, cut in half
- 1 cup pineapple chunks
- 2 cups coconut water
- 1 cup frozen mango chunks
- 1 cup frozen strawberries

DIRECTIONS

- 1 Place all ingredients into the 72-ounce FreshVac Pitcher in the order listed. **See page 13 for oxygen removal blending instructions.**
- 2 Select SMOOTHIE.





CREAMY BANANA ORANGE PROTEIN SHAKE

PREP: 5 MINUTES

CONTAINER: 20-OUNCE SINGLE-SERVE FRESHVAC™ CUP

MAKES: 2 SERVINGS

INGREDIENTS

- 1/2 small ripe banana, cut in 1-inch pieces
- 1 small navel orange, peeled, cut in half, pith removed
- 2/3 cup unsweetened almond milk
- 1/4 teaspoon ground cinnamon
- 1 scoop vanilla protein powder
- 1/3 cup frozen mango chunks
- 1/4 cup ice

DIRECTIONS

- 1 Place all ingredients into the 20-ounce Single-Serve FreshVac Cup in the order listed. **See page 11 for oxygen removal blending instructions.**
- 2 Select SMOOTHIE.
- 3 Remove blades from cup after blending. Attach spout lid to enjoy on the.





ORANGE APPLE SPLASH

PREP: 5 MINUTES

CONTAINER: 20-OUNCE SINGLE-SERVE FRESHVAC™ CUP

MAKES: 1 SERVING

INGREDIENTS

- 1 small carrot, peeled, cut in 1-inch pieces
- 1/2 small Golden Delicious apple, cut in 1-inch pieces
- 1/2 navel orange, peeled, cut in half, pith removed
- 1/4 fresh lemon, peeled, pith and seeds removed
- 1/4-inch piece fresh ginger, peeled
- 1 tablespoon goji berries
- 3/4 cup water
- 1/4 cup ice

DIRECTIONS

- 1 Place all ingredients into the 20-ounce Single-Serve FreshVac Cup in the order listed. **See page 11 for oxygen removal blending instructions.**
- 2 Select EXTRACT.
- 3 Remove blades from cup after blending. Attach spout lid to enjoy on the go.





POMEGRANATE STRAWBERRY BLAST

PREP: 5 MINUTES

CONTAINER: 20-OUNCE SINGLE-SERVE FRESHVAC™ CUP

MAKES: 1 SERVING

INGREDIENTS

1/8 small beet, peeled (1-inch piece)

1/3 cup cantaloupe chunks

1 small orange, peeled, cut in half, pith and seeds removed, cut in quarters

2/3 cup pomegranate juice

2/3 cup frozen strawberries

DIRECTIONS

- 1 Place all ingredients into the 20-ounce Single-Serve FreshVac Cup in the order listed. **See page 11 for oxygen removal blending instructions.**
- 2 Select EXTRACT.
- 3 Remove blades from cup after blending. Attach spout lid to enjoy on the go.



TROPICAL GREEN MACHINE

PREP: 5 MINUTES

CONTAINER: 20-OUNCE SINGLE-SERVE FRESHVAC™ CUP

MAKES: 1 SERVING

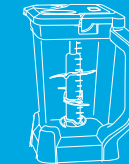
INGREDIENTS

- 1/2 small ripe banana
- 1/4 cup mango chunks
- 1/4 cup pineapple chunks
- 1/4 cup spinach leaves
- 1/4 cup kale leaves
- 1/4 cup water
- 1 teaspoon flaxseed
- 1/4 cup ice

DIRECTIONS

- 1 Place all ingredients into the 20-ounce Single-Serve FreshVac Cup in the order listed. **See page 11 for oxygen removal blending instructions.**
- 2 Select EXTRACT.
- 3 Remove blades from cup after blending. Attach spout lid to enjoy on the go.





AUTUMN BALANCER

PREP: 10 MINUTES

CONTAINER: 72-OUNCE FRESHVAC™ PITCHER

MAKES: 4 SERVINGS

INGREDIENTS

2 sweet potatoes, steamed, cooled, peeled,
cut in 1-inch pieces

2 cups unsweetened almond milk

1/4 cup maple syrup

1/4 teaspoon ground nutmeg

1 teaspoon kosher salt

1 1/2 cups ice

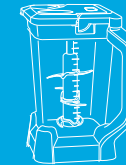
DIRECTIONS

1 Place all ingredients into the 72-ounce
FreshVac Pitcher in the order listed.

**See page 13 for oxygen removal
blending instructions.**

2 Select SMOOTHIE.

DO NOT BLEND HOT INGREDIENTS.



GINGERED ACAI

PREP: 5 MINUTES

CONTAINER: 72-OUNCE FRESHVAC™ PITCHER

MAKES: 6 SERVINGS

INGREDIENTS

1 1/2 cups unsweetened acai berry puree, thawed

2 tablespoons fresh ginger, minced

3 1/2 cups pomegranate juice

4 cups frozen strawberries

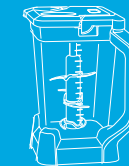
DIRECTIONS

1 Place all ingredients into the 72-ounce FreshVac Pitcher in the order listed.

See page 13 for oxygen removal blending instructions.

2 Select FROZEN DRINK.





MANGO TANGO

PREP: 5 MINUTES

CONTAINER: 72-OUNCE FRESHVAC™ PITCHER

MAKES: 4 SERVINGS

INGREDIENTS

1 ripe banana, cut in quarters

1 cup pineapple chunks

1 cup spinach

1 cup orange juice

1 cup frozen mango chunks

1 cup ice

DIRECTIONS

1 Place all ingredients into the 72-ounce FreshVac Pitcher in the order listed.

See page 13 for oxygen removal blending instructions.

2 Select SMOOTHIE.



NOTES

NOTES

NINJA **DUO** **Smart Screen™**
B L E N D E R
—with FRESHVAC™ TECHNOLOGY—

CT661V_IG_QSG_MP_Mv1

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