

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



**NUTRI  
NINJA®**

**Smart Screen™**  
KITCHEN SYSTEM

—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 kitchen system 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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**SINGLE-SERVE  
FRESHVAC™ CUP**



**FRESHVAC  
PITCHER**

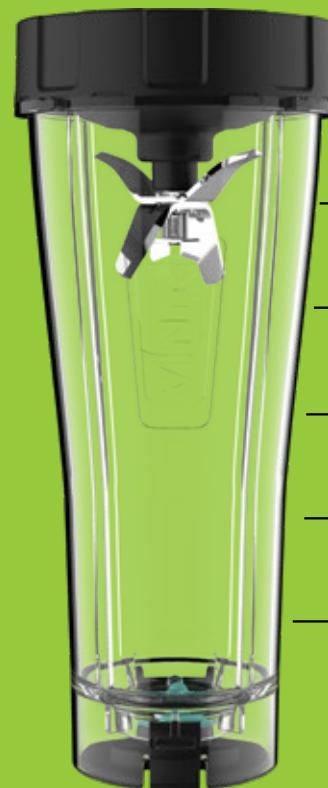


**PRECISION  
PROCESSOR® BOWL**

## LOADING TIPS FOR YOUR SINGLE-SERVE FRESHVAC™ CUP

### LOADING TIPS

**Do not go past the MAX LIQUID line when loading the cup.** Overfilling ingredients may harm the FreshVac Pump 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-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

### LOADING TIPS

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

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.

## TIPS FOR YOUR PRECISION PROCESSOR® BOWL

### LOADING TIPS

Ingredients may not break down evenly if the bowl is overfilled. If the ingredients exceed the MAX FILL line, take some out.



3



Add liquid on top, as the last ingredient.

2



Place heavier ingredients, like chicken and root vegetables, on top of the greens and lettuces.

1



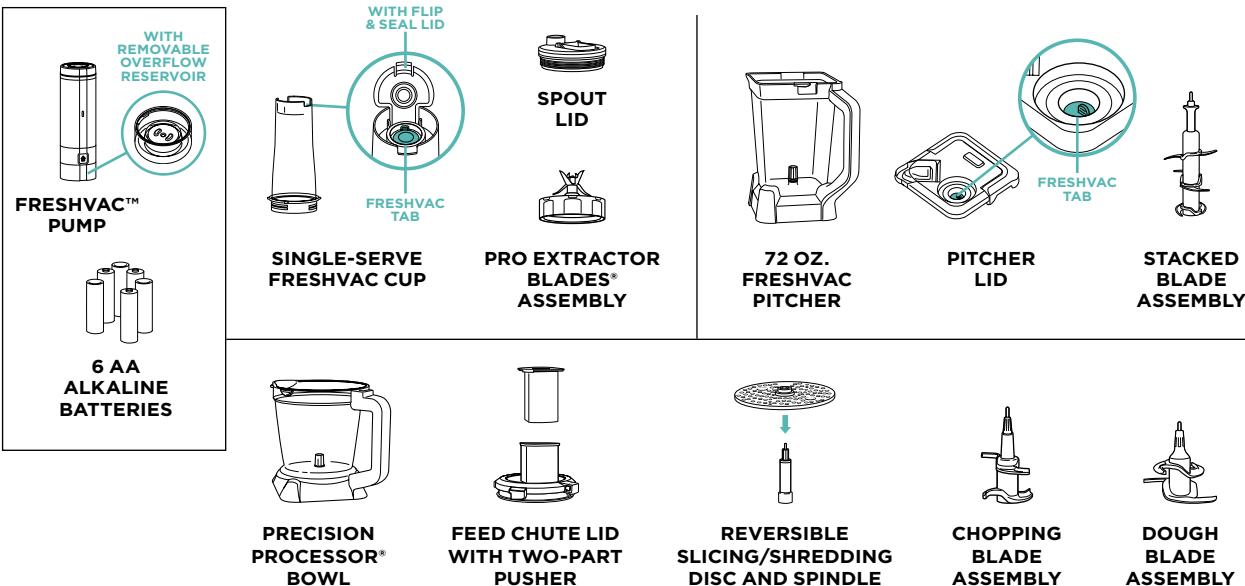
Place herbs, lettuces, and greens in the bowl first so they are at the bottom.

### PREP TIPS

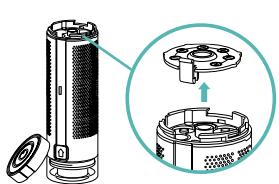
Cut all ingredients to 1-inch or as designated in each recipe.

Peel bell peppers with a vegetable peeler prior to cutting for best performance.

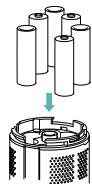
## PARTS



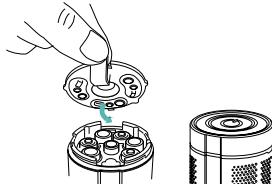
## INSTALLING THE BATTERIES IN THE FRESHVAC PUMP



**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.

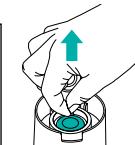
**DO NOT PUT THE OVERFLOW RESERVOIR IN THE DISHWASHER.**



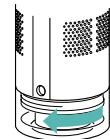
### HAND-WASHING:

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.

**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.

## 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

**PUREE**  
Hummus  
Pesto  
Sauces

**ICE CREAM**  
Sorbet  
Sherbet  
Frozen Yogurt

**FROZEN DRINK**  
Margaritas  
Daiquiris  
Milkshakes

### PRECISION PROCESSOR® BOWL



**PUREE**  
Hummus  
Pesto  
Sauces

**CHOP**  
Veggie Prep  
Salsas  
Mincing

## TRADITIONAL BLENDING MODE WITH THE SINGLE-SERVE FRESHVAC™ CUP



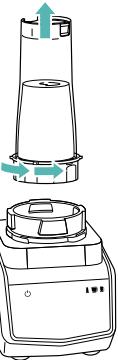
**1** Fill the cup with desired contents, making sure to not exceed the MAX LIQUID line. Then place Pro Extractor Blades® Assembly on cup and rotate clockwise until tightly sealed.



**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.



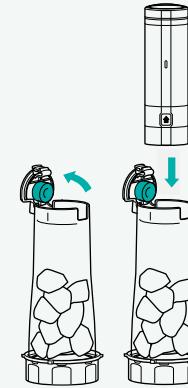
**6** Place spout lid on top of cup and turn clockwise to lock in place.

**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.

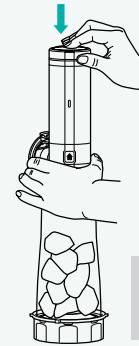


**2** Turn cup upside down so the Flip & Seal Lid is on top and the bottom of the blade assembly is flat on the counter.

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

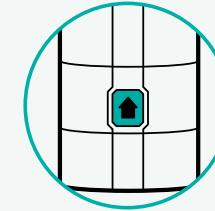
**The pump DOES NOT lock in place on the lid.**

Be sure FreshVac Tab is dry before using FreshVac Pump.



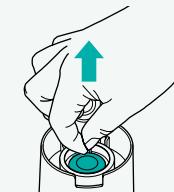
Do not use FreshVac Pump **after** blending, as this could damage the pump.

**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.



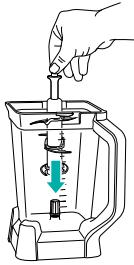
**7** Gently pull up on the FreshVac Tab until hissing sound stops to release the vacuum seal, then close the Flip & Seal Lid.

**DO NOT PULL TAB OUT**

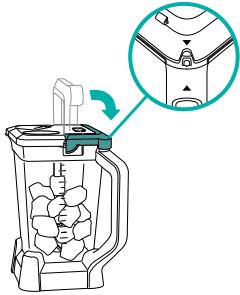
**8** Remove the blade assembly and screw the spout lid clockwise onto the cup.

Visit [ninjakitchen.com](http://ninjakitchen.com) to learn more. **13**

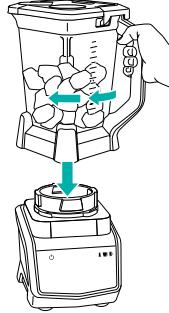
## TRADITIONAL BLENDING MODE WITH FRESHVAC™ PITCHER



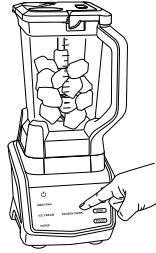
- 1** Holding Stacked Blade Assembly by the top of the shaft, insert it into pitcher. Then add ingredients, making sure to not exceed the MAX LIQUID line.



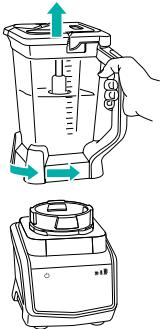
- 2** Align arrows on pitcher lid and handle, then lower handle to lock in place.



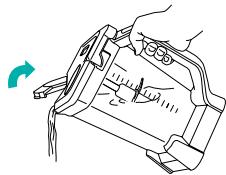
- 3** Place pitcher on base and turn clockwise to lock in place.



- 4** Select any of the illuminated programs to begin.



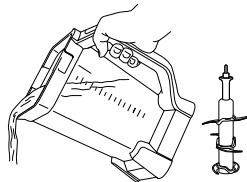
- 5** When blending is complete, turn pitcher counterclockwise and lift to remove.



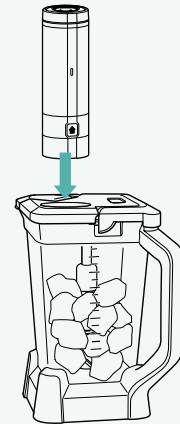
- 6A** To pour out thinner mixtures, ensure lid is locked in place, then open pour spout.



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

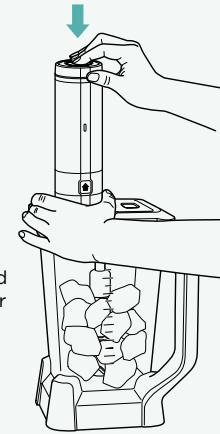


## OXYGEN REMOVAL BLENDING WITH FRESHVAC™ PITCHER



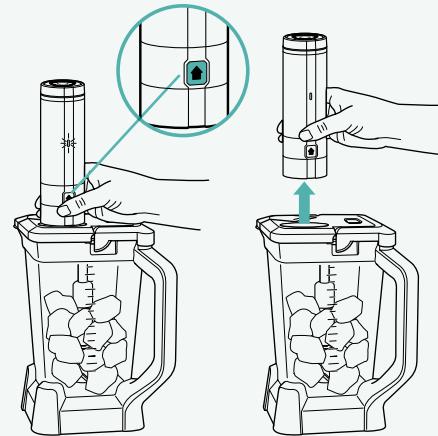
- 1** Fill the pitcher with desired contents, making sure to not exceed MAX LIQUID line. Secure the pitcher lid. Then set the pitcher on a level surface and place the FreshVac Pump on top of the FreshVac Tab on the lid.

**The pump DOES NOT lock into place on the lid.**



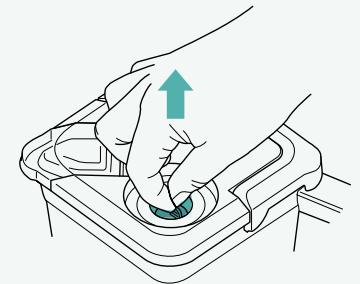
- 2** Press the power button on top of the pump to begin vacuum sealing. The pump will shut off automatically once vacuum sealing is complete.

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.



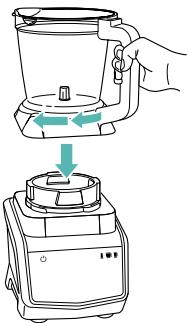
- 5** When blending is complete, gently pull up on the FreshVac Tab until hissing sound stops to release the vacuum seal before opening the lid.

**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.

## USING THE PRECISION PROCESSOR® BOWL



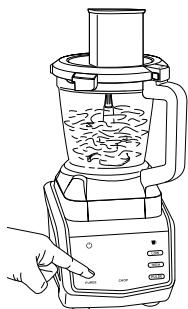
**1** Place Precision Processor Bowl on base and turn clockwise to lock in place.



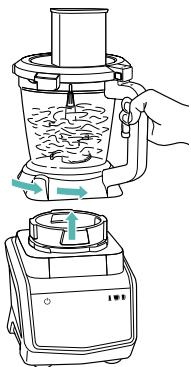
**2** Holding the blade assembly by the top of the shaft, insert it into bowl. Then add ingredients, making sure to not exceed the MAX FILL line.



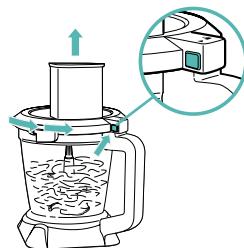
**3** Align arrows on bowl lid and handle, then lower handle to lock in place.



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



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



**6** Remove lid by pressing the RELEASE button on side of front tab and lifting up.



**7** Remove blade assembly before emptying bowl.

## USING THE SLICING/SHREDDING DISC



**1** Place the spindle inside the bowl.



**2** Use the finger holes to grasp the disc and place it over the spindle.

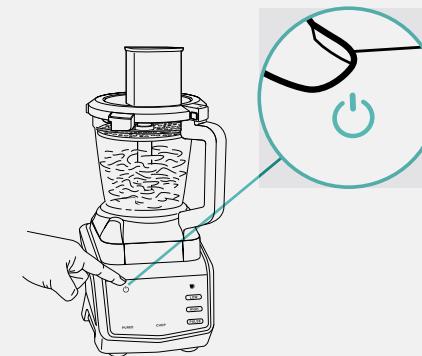
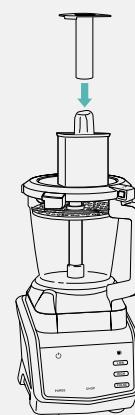


**3** Place the feed chute lid on the bowl and turn clockwise until you hear a click, indicating the lid is locked in place.

Select LOW on the control panel. The disc will begin spinning.



**4** Add food to slice or shred through the feed chute on the lid. Use the two-part food pusher to help guide the food through the feed chute. The middle piece of the food pusher is removable to use for smaller ingredients.



**5** When finished, stop the appliance by touching the power button and wait for the disc to stop turning. Then follow steps 5-7 on page 14 to empty contents.



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

# SMOOTHIES

FOR BEST RESULTS WITH THE CUP AND PITCHER 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 13 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 15 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 15 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 13 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 13 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 13 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 13 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 15 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 15 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 15 for oxygen removal blending instructions.**

**2** Select SMOOTHIE.

# DIPS

## HUMMUS

**PREP:** 5 MINUTES

**CONTAINER:** 40-OUNCE PRECISION PROCESSOR® BOWL

**MAKES:** 2 1/2 CUPS

### INGREDIENTS

2 cups cooked, drained garbanzo beans  
(liquid reserved)

1/4 cup plus 2 tablespoons garbanzo bean liquid

1 clove garlic, peeled

1/4 cup olive oil

1/4 cup lemon juice

2 tablespoons tahini

1 teaspoon ground cumin

### DIPS



### DIRECTIONS

- 1 Place all ingredients into the 40-ounce Precision Processor Bowl in the order listed.
- 2 Select PUREE.



# MAINS & SIDES

## BUFFALO CHICKEN BURGERS

**PREP:** 15 MINUTES

**COOK:** 10 MINUTES

**CONTAINER:** 40-OUNCE PRECISION PROCESSOR® BOWL

**MAKES:** 4 BURGERS

### INGREDIENTS

#### Burgers

$\frac{3}{4}$  pound uncooked boneless skinless chicken breasts, cut in 1-inch pieces

1 small carrot, peeled, cut in 1-inch pieces (about  $\frac{1}{2}$  cup)

1 small stalk celery, cut in 1-inch pieces (about  $\frac{1}{2}$  cup)

$\frac{1}{4}$  cup crumbled blue cheese

2 tablespoons cayenne pepper sauce, plus more for drizzling

$\frac{1}{3}$  cup bread crumbs

1 egg

2 tablespoons olive oil

#### For Serving

4 potato buns, toasted

1 cup mixed greens or romaine lettuce

$\frac{1}{2}$  cup chunky blue cheese dressing

### TIP

To make your own homemade blue cheese dressing, stir together  $\frac{1}{2}$  cup blue cheese crumbles, 2 tablespoons mayonnaise, 2 tablespoons sour cream, 2 teaspoons white vinegar, and a dash of salt and pepper.

### DIRECTIONS

- 1 Place all burger ingredients, except olive oil, into the 40-ounce Precision Processor Bowl in the order listed.
- 2 Select CHOP until ingredients are finely ground.
- 3 Heat olive oil in a large skillet over medium-high heat. Form meat mixture into 4 patties and place them in the skillet. Cook 5 minutes per side, or until internal temperature reaches 165°F.
- 4 Serve burgers on buns and top with lettuce, blue cheese dressing, and an extra drizzle of cayenne pepper sauce.



# BRUSSELS SPROUT & APPLE FENNEL SALAD

**PREP:** 20 MINUTES

**CONTAINER:** 40-OUNCE PRECISION PROCESSOR® BOWL, SLICING DISC

**MAKES:** 4 SERVINGS

## INGREDIENTS

- 2 tablespoons apple cider vinegar
- 1 tablespoon orange juice
- 1/2 teaspoon Dijon mustard
- 1/2 cup extra-virgin olive oil
- Kosher salt and pepper, to taste
- 1 stalk celery, trimmed, cut in 1-inch pieces
- 1/4 small red onion, peeled, cut in half
- 12 Brussels sprouts (6 ounces), washed, trimmed
- 1/2 fennel bulb, trimmed, cut lengthwise
- 1 small granny smith apple, cored, cut in quarters lengthwise
- 1/2 cup dried cranberries
- 1/2 cup toasted walnuts, chopped

## DIRECTIONS

- 1** In a small bowl, whisk together apple cider vinegar, orange juice, mustard, olive oil, salt, and pepper. Set aside.
- 2** Place celery and onion into the 40-ounce Precision Processor Bowl. PULSE 3 or 4 times, or until roughly chopped. Carefully remove blades.
- 3** Assemble the slicing disc in the bowl and attach lid. Select LOW. Use the food pusher to push Brussels sprouts through feed chute. Repeat process with fennel and apple.
- 4** Transfer salad to a serving bowl and top with cranberries and walnuts. Add desired dressing. Toss and serve.





# CAULIFLOWER FRIED RICE

**PREP:** 15 MINUTES

**COOK:** 8 MINUTES

**CONTAINER:** 40-OUNCE PRECISION PROCESSOR® BOWL

**MAKES:** 2 CUPS

## INGREDIENTS

1-inch piece fresh ginger, peeled

2 cups cauliflower florets

1 small carrot, peeled, cut in 1-inch pieces

2 tablespoons sesame oil

2 green onions, chopped

1/2 cup peas

2 tablespoons soy sauce

1/4 teaspoon ground black pepper

## DIRECTIONS

- 1 Place ginger into the 40-ounce Precision Processor Bowl. Select CHOP.
- 2 Place cauliflower and carrot into the bowl. Select CHOP.
- 3 Add sesame oil to a medium sauté pan over medium-high heat. Allow pan to heat for 1 minute, then add cauliflower and carrot/ginger mixture. Cook for 5 minutes or until cauliflower is tender, stirring occasionally. Add green onions, peas, soy sauce, and pepper. Cook for 2 minutes or until heated through.

## RECIPE SUGGESTION

Add cooked chicken, shrimp, or tofu for a 20-minute one-pot meal.

# SNACKS



## ALMOND CHIA BITES

**PREP:** 20 MINUTES

**CHILL:** 1 HOUR

**CONTAINER:** 40-OUNCE PRECISION PROCESSOR® BOWL

**MAKES:** 24 BITES

### INGREDIENTS

- 1/2 cup almonds
- 1/2 cup dark chocolate chips
- 6 Medjool dates, cut in half, pits removed
- 1 tablespoon coconut oil, melted
- 1/2 cup almond butter
- 1 tablespoon chia seeds
- 1 cup old-fashioned rolled oats

### DIRECTIONS

- 1 Place all ingredients into the 40-ounce Precision Processor Bowl in the order listed.
- 2 Select HIGH until mixture is well combined.
- 3 Roll dough into 24 evenly sized bites, about 1 1/4 inches round. Refrigerate 1 hour before serving.

### TIP

2 tablespoons rolled oats can be stirred into the mixture for a different texture.



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