

NUTRI NINJA

INSPIRATION GUIDE



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

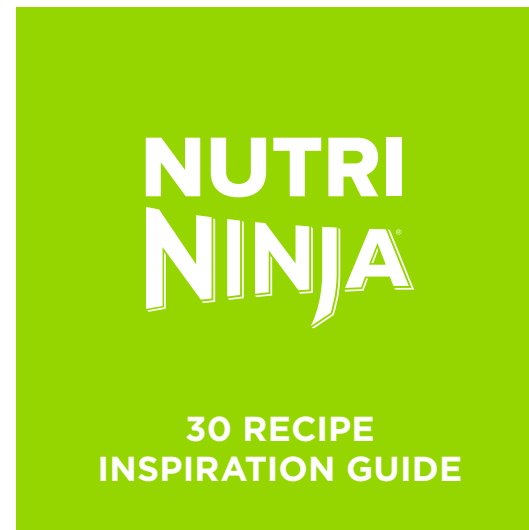


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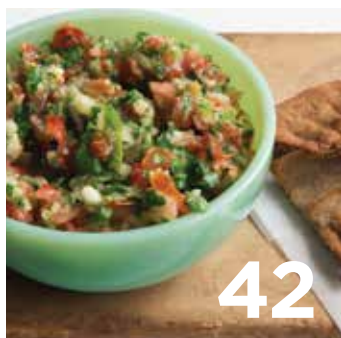


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BREAKS INGREDIENTS DOWN.

Your Nutri Ninja® fully breaks down the toughest ingredients—leafy greens, skins, seeds, you name it—leaving no nutrient behind*.

Ninja's Auto-iQ® technology features intelligent programs that combine unique pulsing, blending, and pausing patterns that do the work for you. These programs are timed to deliver delicious results, so all you have to do is press a button and enjoy.



*By blending whole fruits and vegetables, including portions that are usually discarded.

LOAD IT UP.

It's time to take your Nutri Ninja® for a spin. When it comes to loading the cup, order is everything. Use these quick tips and visual guide to ensure your recipes turn out just the way you want them, every time.



Don't overfill the Nutri Ninja cups. If you feel resistance when attaching the Pro Extractor Blades® Assembly to the cup, remove some ingredients.

CAUTION: Remove the Pro Extractor Blades Assembly from the Nutri Ninja 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.



- 1** Start by adding fresh fruits and vegetables.
(Note: For best results, cut ingredients in 1-inch chunks. Do not place frozen ingredients first in the Nutri Ninja® cups.)
- 2** Next add leafy greens and herbs.
- 3** Pour in liquid or yogurt next.
For thinner results or a juice-like drink, add more liquid as desired.
- 4** Next add any dry or sticky ingredients like seeds, powders, and nut butters.
- 5** Top off with ice or frozen ingredients.

START FROM THE BOTTOM UP



WATERMELON COOLER

Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 (8-ounce) servings

INGREDIENTS

½ pear, seeds removed,
cut in 1-inch chunks

2 large fresh basil leaves with
stems removed

2 cups chilled watermelon, seeds
removed, cut in 1-inch chunks

DIRECTIONS

1. Place all of the ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® BLEND.
3. Remove blades from cup after blending.





PURPLE POTION

Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 (8-ounce) servings

INGREDIENTS

¼ cup roasted beets,
cut in 1-inch chunks

1 ¼ cups carrot juice

1 cup frozen blueberries

DIRECTIONS

1. Place all of the ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® ULTRA BLEND.
3. Remove blades from cup after blending.

DO NOT BLEND HOT INGREDIENTS.





GINGERED ACAI

Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 (8-ounce) servings

INGREDIENTS

- ½ cup unsweetened acai berry puree, thawed
- 1 packet (.035 ounce) stevia
- 2 teaspoons fresh ginger
- 1 ½ cups pomegranate juice
- 2 cups frozen strawberries

DIRECTIONS

1. Place all of the ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® ULTRA BLEND.
3. Remove blades from cup after blending.



LEAN GREEN NINJA

Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

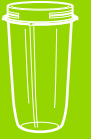
Makes: 2 (8-ounce) servings

INGREDIENTS

- ½ cup pineapple, cut in 1-inch chunks
- ½ cup mango, cut in 1-inch chunks
- ½ ripe banana, peeled
- ¼ cup packed baby spinach
- ¼ cup kale, chopped, stems removed
- ½ cup water
- 1 cup ice

DIRECTIONS

1. Place all of the ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® BLEND.
3. Remove blades from cup after blending.



NINJA 9

Prep time: 8 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 (8-ounce) servings

INGREDIENTS

¼ cup English cucumber,
cut in 1-inch chunks

½ stalk celery, cut in quarters

¼ Granny Smith apple,
unpeeled, cut in 1-inch chunks

1 small carrot, peeled,
cut in quarters

1 tablespoon red onion,
chopped

¼ jalapeño pepper,
seeds removed

¼ cup beet chunks, peeled

¼ cup red cabbage, shredded

¼ teaspoon kosher salt

1 cup tomato, cut in quarters

½ cup ice

DIRECTIONS

1. Place all of the ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® ULTRA BLEND.
3. Remove blades from cup after blending.



CALL ME POPEYE

Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 (8-ounce) servings

INGREDIENTS

2 dates, cut in half,
pits removed

1 stalk celery, cut in quarters

1 ripe kiwi, peeled, cut in half

2 cups loosely packed spinach

1 ½ cups hazelnut milk

1 cup ice

DIRECTIONS

1. Place all of the ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® ULTRA BLEND.
3. Remove blades from cup after blending.





CARROT TIP TOP

Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 (8-ounce) servings

INGREDIENTS

- 1 ¼ cups peeled carrots, cut in 1-inch chunks
- 1 cup carrot juice
- 2 tablespoons flaxseed
- ½ cup silken tofu
- 1 cup ice

DIRECTIONS

1. Place all of the ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® ULTRA BLEND.
3. Remove blades from cup after blending.



BLUEBERRY CHILL

Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 1 (8-ounce) serving

INGREDIENTS

- ⅓ cup red cabbage, chopped
- ½ stalk celery, cut in half
- ½ Granny Smith apple, unpeeled, uncored, cut in half
- ½ cup blueberries
- ⅓ cup watermelon, cut in 1-inch chunks
- ½ cup ice

DIRECTIONS

1. Place all of the ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® BLEND.
3. Remove blades from cup after blending.



GINGER GREENS

Prep time: 8 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 1 (8-ounce) serving

INGREDIENTS

- 1 cup baby kale
- ¼ cup cilantro
- ¼ ripe avocado
- 1 date, cut in half, pit removed
- 2 small ripe kiwis, peeled, cut in quarters
- ⅛-inch piece ginger, peeled
- ½ cup coconut water
- ⅓ cup ice

DIRECTIONS

1. Place all of the ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® ULTRA BLEND.
3. Remove blades from cup after blending.





STRAWBERRY BANANA

Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 (8-ounce) servings

INGREDIENTS

1 small ripe banana, peeled,
cut in half

1 cup low-fat milk

1 tablespoon agave nectar

1 cup frozen strawberries

DIRECTIONS

1. Place all of the ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® ULTRA BLEND.
3. Remove blades from cup after blending.





GINGER PEAR DEFENSE

Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 (8-ounce) servings

INGREDIENTS

1 ripe pear, seeds removed,
cut in quarters

1 teaspoon fresh ginger

2 ¼ cups cold water

Sweetener, to taste

DIRECTIONS

1. Place all of the ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® ULTRA BLEND.
3. Remove blades from cup after blending.
4. Pour mixture through a fine-mesh strainer to extract the flavored water.



TWO-BERRY TEA

Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 1 (8-ounce) serving

INGREDIENTS

1 cup blueberries

2 tablespoons goji berries

½ ripe banana, peeled

1 ½ cups rooibos tea,
strongly brewed, chilled

1 cup ice

DIRECTIONS

1. Place all of the ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® ULTRA BLEND.
3. Remove blades from cup after blending.

DO NOT BLEND HOT INGREDIENTS.



CHERRY LIME RICKEY-ADE

Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 1 (8-ounce) serving

INGREDIENTS

1 cup coconut water

1 tablespoon lime juice

½ cup frozen cherries

DIRECTIONS

1. Place all of the ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® BLEND.
3. Remove blades from cup after blending.
4. Pour mixture through a fine-mesh strainer to extract the flavored water.





BUCKWHEAT PANCAKES

Prep time: 5 minutes **Rest time:** 1 hour **Cook time:** 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 servings

INGREDIENTS

- 1 cup buttermilk
- 1 egg
- 3 tablespoons canola oil
- ½ cup buckwheat flour
- ½ cup all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon sugar
- ½ cup teaspoon salt
- 1 tablespoon honey

DIRECTIONS

1. Place all of the ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Select START and blend for 20 seconds.
3. Remove blades from cup after blending.
4. Cover cup in plastic wrap. Allow batter to rest for 1 hour before use.
5. On a lightly oiled griddle or sauté pan over medium heat, pour batter into pan in desired sized pancakes and cook until small bubbles form. Flip and continue cooking until centers are puffed and spring back when gently pushed.





TOP O' THE MORNIN'

Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 servings

INGREDIENTS

1 ripe banana, peeled

1 orange, peeled, cut in half,
seeds removed

1 cup vanilla almond milk

½ teaspoon ground cinnamon

1 scoop whey protein powder

½ cup ice

DIRECTIONS

1. Place all of the ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® BLEND.
3. Remove blades from cup after blending.



BRIGHT SIDE MOCHA SHAKE

Prep time: 2 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 servings

INGREDIENTS

¾ medium ripe banana, peeled

3 tablespoons brewed
coffee, chilled

2 teaspoons creamy
almond butter

1 ½ teaspoons unsweetened
cocoa powder

¾ teaspoon agave nectar

¾ cup almond milk

1 ½ cup cups ice

DIRECTIONS

1. Place all of the ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® ULTRA BLEND.
3. Remove blades from cup after blending.

DO NOT BLEND HOT INGREDIENTS.



ORANGE SUNSHINE SPLASH

Prep time: 6 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 servings

INGREDIENTS

$\frac{3}{4}$ cup silken tofu

$\frac{1}{4}$ cup goji berries

1 orange, peeled, cut in half,
seeds removed

$\frac{1}{4}$ cup orange juice

2 tablespoons honey

1 cup ice

DIRECTIONS

1. Place all of the ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® ULTRA BLEND.
3. Remove blades from cup after blending.





TOMATO BASIL SCRAMBLER

Prep time: 5 minutes **Cook time:** 5 minutes
Container: 24-ounce Tritan™ Nutri Ninja® Cup
Makes: 4 servings

INGREDIENTS

8 whole eggs
½ cup vine-ripened tomatoes,
seeds removed
½ cup mozzarella cheese
½ cup loosely packed fresh
basil leaves
Pinch salt
Pinch black pepper

DIRECTIONS

1. Place all the ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed. Hold down PULSE 2 or 3 times, until all ingredients are roughly chopped.
2. Remove blades from cup after blending.
3. Lightly coat a nonstick saute pan with cooking spray, then add the egg mixture and cook over medium-high heat, stirring frequently until fluffy and cooked through.





TRAIL MIX IN A GLASS

Prep time: 7 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 servings

INGREDIENTS

- ¼ cup raw unsalted almonds
- ¼ cup raw unsalted pumpkin seeds
- 1 tablespoon raw sesame seeds
- ¼ cup goji berries
- ¼ cup pomegranate juice
- 1 ¼ cups unsweetened almond milk
- 3 tablespoons honey
- 1 cup ice

DIRECTIONS

1. Place all of the ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® ULTRA BLEND.
3. Remove blades from cup after blending.



KALE & CELERY ROOT SOUP

Prep time: 10 minutes **Cook time:** 10 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 4 servings

INGREDIENTS

- 2 teaspoons extra virgin olive oil
- 1 clove garlic, peeled, chopped
- ½ small yellow onion, chopped
- ½ bulb celery root (2 ½ ounces), peeled, cut in 1-inch pieces
- 3 ounces kale, chopped
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 4 cups unsalted vegetable stock

DIRECTIONS

1. Preheat a 5-quart saucepan on medium-low heat.
2. Add the oil, garlic, and onions and gently stir and sauté for about 3 to 6 minutes, or until translucent.
3. Add the remaining ingredients. Bring to a boil, reduce heat to medium-low, and cook for 20 to 25 more minutes or until the celery root is fork-tender.
4. Remove from heat and allow to cool.
5. Working in 2 batches, place the cooled soup in the 24-ounce Tritan Nutri Ninja Cup. Select START and blend for 25 seconds or until desired consistency is achieved.
6. Remove blades from cup after blending.
7. Return soup to saucepan and simmer until heated.

DO NOT BLEND HOT INGREDIENTS.



ROASTED TOMATO SOUP

Prep time: 10 minutes **Cook time:** 30 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 servings

INGREDIENTS

3 tablespoons extra virgin olive oil

½ medium yellow onion, peeled,
cut in quarters

2 cloves garlic, peeled

1 can (14 ounces) whole peeled
tomatoes with liquid

1 cup water

1 tablespoon fresh basil leaves,
chopped

¼ teaspoon red pepper flakes

Salt and pepper, to taste

DIRECTIONS

1. Heat the oil in a saucepan over medium heat and sauté the onions and garlic until soft. Add tomatoes and water and simmer for 20 minutes. Remove from heat and allow to cool.
2. Transfer all cooked, cooled ingredients into the 24-ounce Tritan Nutri Ninja Cup.
3. Select START and blend for 25 seconds or until desired consistency is achieved.
4. Remove blades from cup after blending.
5. Transfer soup back to saucepan and add the basil and crushed red pepper. Season with salt and pepper to taste. Warm over medium-low heat for about 5 minutes until barely simmering.

DO NOT BLEND HOT INGREDIENTS.





TANDOORI MARINADE

Prep time: 5 minutes **Cook time:** 10 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 4 servings

INGREDIENTS

- 2 ounces dried ancho chili peppers
- 1 teaspoon fresh ginger
- 2 cloves garlic, peeled
- ½ cup fresh cilantro, stems removed
- 2 tablespoons garam masala powder
- ⅛ teaspoon ground nutmeg
- 1 tablespoon lemon juice
- 1 cup nonfat Greek yogurt
- ½ cup cold water

DIRECTIONS

1. Place the chili peppers into a small saucepan and pour just enough water to cover them. Bring to a boil, reduce to a simmer, and cook for 10 minutes. Strain peppers and let cool.
2. Remove the tops and seeds from the cooled peppers.
3. Place all of the ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed. Select START and blend for 25 seconds or until desired consistency is achieved.
4. Remove blades from cup after blending.

DO NOT BLEND HOT INGREDIENTS.





CHICKEN PITA SANDWICHES

Prep time: 5 minutes **Marinate time:** 2 hours **Cook time:** 4 minutes.

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 servings

INGREDIENTS

2 tablespoons tandoori marinade (see recipe page 39)

8 ounces uncooked chicken breast, cut in 2-inch pieces

2 8-inch whole wheat pita breads

2 vine-ripened tomatoes, sliced

8 Boston lettuce leaves

DIRECTIONS

1. Place the chicken and tandoori marinade in an airtight container and let marinate in the refrigerator for 2 hours.
2. Place the marinated chicken into the 24-ounce Tritan Nutri Ninja Cup.
3. Hold down PULSE 5 to 7 times.
4. Remove blades from cup after blending.
5. Lightly coat a nonstick skillet with cooking spray. Over medium heat, sauté the chicken mixture until cooked, about 4 minutes.
6. To assemble the sandwiches, cut the pita breads in half, and fill each pocket with lettuce, tomato, and ground chicken.



TABBOULEH DIP

Prep time: 6 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 4 servings

INGREDIENTS

$\frac{3}{4}$ cup English cucumber, cut in quarters

$\frac{1}{4}$ small yellow onion, peeled, cut in quarters

$\frac{1}{4}$ cup loosely packed fresh mint, stems removed

1 cup loosely packed flat-leaf parsley

2 vine-ripened tomatoes, cut in quartered

$\frac{1}{2}$ teaspoon ground black pepper

$\frac{1}{2}$ teaspoon kosher salt

1 tablespoon extra virgin olive oil

3 tablespoons lemon juice

DIRECTIONS

1. Place all of the ingredients into the 24-ounce Tritan Nutri Ninja cup in the order listed.
2. Hold down PULSE 5 to 10 times until desired consistency is achieved.
3. Remove blades from cup after blending.



CLASSIC HUMMUS

Prep time: 6 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 4 servings

INGREDIENTS

2 cups cooked, drained
garbanzo beans
(liquid reserved)

¼ cup + 2 tablespoons
garbanzo bean liquid

½ cup lemon juice

¼ tablespoons olive oil

1 clove garlic, peeled

1 teaspoon ground cumin

⅛ teaspoon ground
cayenne pepper

1 teaspoon kosher salt

DIRECTIONS

1. Place all of the ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Select START and blend for 30 seconds or until desired consistency is achieved.
3. Remove blades from cup after blending.





FRENCH ONION TOFU DIP

Prep time: 6 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 4 servings

INGREDIENTS

- 1 tablespoon vegetable oil
- 1 medium yellow onion, chopped
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 3 tablespoons malt vinegar
- ½ cup firm tofu
- 4 ounces nonfat cream cheese, softened
- ⅓ cup nonfat sour cream

DIRECTIONS

1. In a 10-inch sauté pan over medium heat, add the oil, onion, salt, and pepper. Sauté the onions 6 to 8 minutes or until caramelized, stirring occasionally. Add the malt vinegar and cook for 1 minute.
2. Remove from heat and let cool for 10 minutes.
3. Place the cooled onion mixture, tofu, cream cheese, and sour cream into the 24-ounce Tritan Nutri Ninja Cup.
4. Select START and blend for 15 seconds or until desired consistency is achieved.
5. Remove blades from cup after blending.

DO NOT BLEND HOT INGREDIENTS.





AVACADO CEASAR DRESSING

Prep time: 6 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 4 servings

INGREDIENTS

1 ripe avocado, cut in half,
peeled, pit removed

3 cloves garlic, peeled

1 ½ ounces parmesan cheese,
cut in 1-inch pieces

1 ounce oil-cured anchovy fillets

½ teaspoon ground black pepper

2 tablespoons lemon juice

2 tablespoons apple cider
vinegar

1 cup cold water

DIRECTIONS

1. Place all of the ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Select START and blend for 30 seconds or until desired consistency is achieved.
3. Remove blades from cup after blending.

TROPICAL FRESH FRUIT ICE POPS

Prep time: 6 minutes

Freeze time: 8 hours

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 servings

INGREDIENTS

1 cup mango, cut in
1-inch chunks

2 cups pineapple, cut in
1-inch chunks

2 tablespoons agave nectar

DIRECTIONS

1. Place all of the ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® BLEND.
3. Remove blades from cup after blending.
4. Pour into 4 to 6 ice pop molds and freeze 8 hours or overnight.





CHOCOLATE BANANA MOUSSE

Prep time: 6 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 4 servings

INGREDIENTS

2 ripe bananas, peeled,
cut in quarters

2 ripe avocados, cut in half,
peeled, pits removed

¼ cup chocolate sauce

juice of ½ an orange

2 tablespoons cocoa powder

DIRECTIONS

1. Place all of the ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Select START and blend for 30 seconds or until desired consistency is achieved.
3. Remove blades from cup after blending.
4. Place mousse into an airtight container and refrigerate until chilled.





VANILLA NUT FROZEN TREAT

Prep time: 6 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 servings

INGREDIENTS

$\frac{2}{3}$ cup vanilla oat milk

$\frac{1}{2}$ cup walnut halves

$\frac{1}{4}$ teaspoon pure vanilla extract

1 (.035 ounce) packet stevia

1 6-ounce container nonfat
vanilla Greek yogurt

2 $\frac{1}{2}$ cups ice

DIRECTIONS

1. Place all of the ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Select START and blend for 20 seconds or until desired consistency is achieved.
3. Remove blades from cup after blending.

