

# NUTRI NINJA®



## INSPIRATION GUIDE

**30**  
RECIPES



Nutri Ninja® Auto-iQ™ Pro Complete

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# SUPER JUICE? MORE LIKE ‘SMARTER’ JUICE.

With Ninja® Auto-iQ™, powerful nutrient & vitamin extraction\* is a no-brainer. Simply push a button and let it work its magic. Pre-programmed pulses and pauses give you professional results without the guesswork. How smart is that?

\*Extract a nutritious drink containing vitamins and nutrients from fruits and vegetables.





NUTRIENT & VITAMIN EXTRACTION\*:

# HERE'S THE BREAK DOWN

How many people actually eat cantaloupe, seeds and all? Or ginger root with the skin left on? Strawberry stems? The answer is: approximately nobody. But the truth is, you're missing out on some key nutrients, like fiber, when you discard the seeds, skins, stems, and seeds.

You need a machine that can break down whole foods, ice and seeds—leaving no ingredient unblended and no nutrient behind. Luckily, the Nutri Ninja® Auto-iQ™ Pro Complete does that and a whole lot more. Make a delicious drink that captures all of the nutrients and vitamins your ingredients have to offer, even those that would usually end up in the trash. Try that in your regular blender. (Just kidding, don't actually do that.)

\*Extract a nutritious drink containing vitamins and nutrients from fruits and vegetables.



HIGH-PERFORMANCE BLENDING

# DEAR ICE, ANY LAST WORDS?

Some traditional blenders might spin at high speeds, but the Nutri Ninja® Auto-iQ™ Pro Complete combines high speed and power with a unique blade design and Auto-iQ™ Technology to crush through the toughest ingredients and blend frozen fruit for refreshing, flavorful smoothies, milkshakes, and drinks. It's a winning combination that goes above and beyond nutrient and vitamin extraction\* capabilities. Plus, winning is fun.

\*Extract a nutritious drink containing vitamins and nutrients from fruits and vegetables.





PUT IT IN  
SMOOTH  
CONTROL.

## SEE, FEEL, AND TASTE THE DIFFERENCE

Ninja® has set a new standard in drink customization. Now you can achieve a level of smoothness you never thought possible—all at the touch of a button.

Whether you want to crush ice and frozen fruit for refreshing, deliciously drinkable nutrient juices in seconds or whip up perfectly smooth drinks and smoothies, Auto-iQ™ Smooth Boost™ puts you in the driver's seat. So, you have the power to control the texture and consistency of your beverage.



### QUICK TIPS

For refreshing, deliciously drinkable nutrient juices in seconds, make sure **SMOOTH BOOST "YES"** is illuminated, then press **EXTRACT**.

To whip up perfectly smooth drinks and smoothies, be sure **SMOOTH BOOST "YES"** is illuminated, then press **BLEND**.

If you'd prefer more texture and fullness in your drink, press **SMOOTH BOOST**, so that **"NO"** is illuminated. Then press **EXTRACT** or **BLEND**.





# LOAD IT UP

Now it's time to take your Nutri Ninja® Auto-iQ™ Pro Complete for a spin. When it comes to loading the containers, order is everything. Use these Quick Tips and visual guide to ensure your recipes turn out smooth and delicious every time.

## QUICK TIPS



Make sure the Stainless Steel Nutri Ninja cup is clean and dry to prevent ingredients from sticking or freezing to the sides.



**CAUTION:** Do not blend hot liquids.



Don't overfill the Nutri Ninja cups. If you feel resistance when fastening the blade 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 more juice-like drink, add liquid as desired.

2

**Next add leafy greens and herbs.**

**START FROM THE BOTTOM UP**

1

**Start by adding fresh fruits and vegetables.**

For best results, cut ingredients in 1-inch chunks.  
(Note: Do not place frozen ingredients first in the Stainless Steel Nutri Ninja®).



**Prep time:** 5 minutes  
**Container:** 24-ounce Nutri Ninja®  
**Makes:** 2 (10-ounce) servings

# Sweet Spinach Detox

## INGREDIENTS

- |                                   |                    |
|-----------------------------------|--------------------|
| 1 green apple, cut in eighths     | ½ cup apple juice  |
| ½-inch piece fresh ginger, peeled | ½ cup water        |
| ¼ lemon, peeled, seeds removed    | 1 tablespoon honey |
| ½ cup baby spinach                | ½ cup ice          |

## DIRECTIONS

1. Place all ingredients into the 24-ounce Nutri Ninja in the order listed.
2. Press Auto-iQ™ EXTRACT.



**Prep time:** 5 minutes  
**Container:** 24-ounce Nutri Ninja®  
**Makes:** 2 (10-ounce) servings

# Spiced Carrot

## INGREDIENTS

- |   |                            |
|---|----------------------------|
| 2 medium carrots, peeled, cut in quarters | ¼ teaspoon ground cinnamon |
| 1 cup carrot juice                        | ⅛ teaspoon ground ginger   |
| ½ cup vanilla Greek yogurt                | 1 cup ice                  |
| 2 teaspoons honey                         |                            |

## DIRECTIONS

1. Place all ingredients into the 24-ounce Nutri Ninja in the order listed.
2. Press Auto-iQ™ EXTRACT.





**Prep time:** 5 minutes  
**Container:** 24-ounce Nutri Ninja®  
**Makes:** 2 (10-ounce) servings

# Pineapple Kick

## INGREDIENTS

- |  |  |
|--|--|
| 2 cups fresh pineapple chunks          | 1 lime, peeled, cut in half                    |
| ½ small jalapeño pepper, seeds removed | 1 medium naval orange, peeled, cut in quarters |
| ½-inch piece fresh ginger, peeled      | ½ cup ice                                      |

## DIRECTIONS

1. Place all ingredients into the 24-ounce Nutri Ninja in the order listed.
2. Press Auto-iQ™ EXTRACT.



**Prep time:** 2 minutes  
**Container:** 24-ounce Nutri Ninja®  
**Makes:** 2 (10-ounce) servings

# Cranberry-Oat Soother

## INGREDIENTS

- |                                   |                    |
|-----------------------------------|--------------------|
| ½ cup walnut pieces               | 1 tablespoon honey |
| ⅓ cup whole-berry cranberry sauce | Dash salt          |
| 1 cup oat milk                    | 1½ cups ice        |
| ¼ teaspoon vanilla                |                    |

## DIRECTIONS

1. Place all ingredients into the 24-ounce Nutri Ninja in the order listed.
2. Press Auto-iQ™ BLEND.

**Prep time:** 5 minutes  
**Container:** 24-ounce Nutri Ninja®  
**Makes:** 1 (18-ounce) serving

## Chai-Spiced Eye Opener

### INGREDIENTS

- 1 ripe pear, cored, cut in quarters
- ¼-inch piece fresh ginger, peeled
- 1 cup baby spinach
- 1 cup brewed, chilled chai tea
- 2 teaspoons fresh lemon juice
- Dash salt
- ½ cup frozen mango chunks

### DIRECTIONS

1. Place all ingredients into the 24-ounce Nutri Ninja in the order listed.
2. Press Auto-iQ™ EXTRACT.



**Prep time:** 5 minutes  
**Container:** 24-ounce Nutri Ninja®  
**Makes:** 2 (10-ounce) servings

## Blueberry Chill

### INGREDIENTS

- |   |                         |
|---|-------------------------|
| ¼ cup chopped red cabbage                     | ½ cup watermelon chunks |
| 1 celery stalk, cut in half                   | ½ cup water             |
| ½ green apple, unpeeled, uncored, cut in half | ¾ cup ice               |
| ¾ cup blueberries                             |                         |

### DIRECTIONS

1. Place all ingredients into the 24-ounce Nutri Ninja in the order listed.
2. Press Auto-iQ™ EXTRACT.





**Prep time:** 5 minutes  
**Container:** 24-ounce Nutri Ninja®  
**Makes:** 2 (11-ounce) servings

## Ginger Pear Defense

### INGREDIENTS

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

### DIRECTIONS

1. Place all ingredients into the 24-ounce Nutri Ninja in the order listed.
2. Press Auto-iQ™ EXTRACT.



**Prep time:** 5 minutes  
**Container:** 24-ounce Stainless Steel Nutri Ninja®  
**Makes:** 2 (10-ounce) servings

## Orange Blush

### INGREDIENTS

1/2 cup fresh watermelon chunks	1 cup frozen strawberries
3/4 cup orange juice	1/2 cup ice

### DIRECTIONS

1. Place all ingredients into the 24-ounce Stainless Steel Nutri Ninja in the order listed.
2. Press Auto-iQ™ EXTRACT.



**Prep time:** 6 minutes

**Container:** 24-ounce Nutri Ninja®

**Makes:** 2 (11-ounce) servings

## Lean Green Ninja

### INGREDIENTS

½ small ripe banana

½ cup fresh pineapple chunks

½ cup fresh mango chunks

¼ cup kale leaves

¼ cup baby spinach

½ cup coconut water

1 cup ice

### DIRECTIONS

1. Place all ingredients into the 24-ounce Nutri Ninja in the order listed.
2. Press Auto-iQ™ BLEND.



**Prep time:** 5 minutes

**Container:** 24-ounce Stainless Steel Nutri Ninja®

**Makes:** 2 (11-ounce) servings

## Island Mood Boost

### INGREDIENTS

¾ cup fresh pineapple chunks

1 small ripe banana

1 ½ cups coconut water

¾ cup frozen strawberries

¾ cup frozen mango chunks

### DIRECTIONS

1. Place all ingredients into the 24-ounce Stainless Steel Nutri Ninja in the order listed.
2. Press Auto-iQ™ EXTRACT.



**Prep time:** 5 minutes

**Container:** 24-ounce Nutri Ninja®

**Makes:** 1 (14-ounce) serving

## Rainbow Smoothie

### INGREDIENTS

- ¼-inch piece fresh ginger, peeled
- 7 green grapes
- ¼ navel orange, peeled
- 1 ½-inch piece carrot, peeled
- 1 ½-inch piece celery
- ¼ cup fresh pineapple chunks
- ¼ small green apple, cut in half
- ¼ cup fresh blueberries
- ¼ vine-ripened tomato, cut in half
- 1-inch piece English cucumber, cut in half
- ¾-inch piece beet, peeled
- ¼ cup spinach
- ½ teaspoon flaxseed
- ½ cup ice

### DIRECTIONS

1. Place all ingredients into the 24-ounce Nutri Ninja in the order listed.
2. Press Auto-iQ™ EXTRACT.



**Prep time:** 5 minutes

**Container:** 24-ounce Stainless Steel Nutri Ninja®

**Makes:** 1 (12-ounce) serving

## Melon Mint Chiller

### INGREDIENTS

- |                                   |                    |
|-----------------------------------|--------------------|
| 1 cup fresh honeydew melon chunks | ½ cup spinach      |
| ¼ medium cucumber, cut lengthwise | 2 or 3 mint leaves |
| ¼ lime, peeled                    | ½ cup ice          |

### DIRECTIONS

1. Place all ingredients into the 24-ounce Stainless Steel Nutri Ninja in the order listed.
2. Press Auto-iQ™ EXTRACT.



**Prep time:** 5 minutes

**Container:** 24-ounce Stainless Steel Nutri Ninja®

**Makes:** 1 (16-ounce) serving

## Berries Galore

### INGREDIENTS

1 orange, peeled, cut in quarters

½ cup blackberries

½ cup raspberries

¼ cup blueberries

½ cup ice

### DIRECTIONS

1. Place all ingredients into the 24-ounce Stainless Steel Nutri Ninja in the order listed.
2. Press Auto-iQ™ EXTRACT.



**Prep time:** 5 minutes

**Container:** 24-ounce Nutri Ninja®

**Makes:** 2 (10-ounce) servings

## Coconut Mango Energyade

### INGREDIENTS

¾ cup fresh mango chunks

¼ cup fresh mint leaves

2 ¼ cups coconut water

### DIRECTIONS

1. Place all ingredients into the 24-ounce Nutri Ninja in the order listed.
2. Press Auto-iQ™ BLEND.
3. Store in refrigerator up to 3 days.





**Prep time:** 5 minutes  
**Container:** 24-ounce Stainless Steel Nutri Ninja®  
**Makes:** 2 (11-ounce) servings

## Two-Berry Tea

**INGREDIENTS**

- |                              |                             |
|------------------------------|-----------------------------|
| 1/4 cup fresh blueberries    | 1/4 cup frozen strawberries |
| 1/2 small ripe banana        | 1 cup ice                   |
| 1 1/2 cups chilled green tea |                             |

**DIRECTIONS**

1. Place all ingredients into the 24-ounce Stainless Steel Nutri Ninja in the order listed.
2. Press Auto-iQ™ BLEND.



**Prep time:** 5 minutes  
**Container:** 24-ounce Stainless Steel Nutri Ninja®  
**Makes:** 2 (10-ounce) servings

## Cherry Café Smoothie

**INGREDIENTS**

- |   |                                      |
|---|--------------------------------------|
| 1/2 cup strongly brewed, chilled decaffeinated coffee | 2 teaspoons agave nectar             |
| 1/2 cup nonfat vanilla yogurt                         | 4 teaspoons unsweetened cocoa powder |
|   | 2 cups frozen cherries               |

**DIRECTIONS**

1. Place all ingredients into the 24-ounce Stainless Steel Nutri Ninja in the order listed.
2. Press Auto-iQ™ BLEND.

**Prep time:** 5 minutes  
**Container:** 24-ounce Nutri Ninja®  
**Makes:** 1 (20-ounce) serving

## Banana & Oats

### INGREDIENTS

- 1 tablespoon walnut pieces
- 1 small ripe banana
- 1 cup nonfat milk
- ½ cup nonfat vanilla yogurt
- ½ cup cooked, chilled oatmeal
- ¼ teaspoon ground cinnamon

### DIRECTIONS

1. Place all ingredients into the 24-ounce Nutri Ninja in the order listed.
2. Press Auto-iQ™ BLEND.



**Prep time:** 5 minutes  
**Container:** 24-ounce Nutri Ninja®  
**Makes:** 1 (20-ounce) serving

## Top O' The Mornin'

### INGREDIENTS

- |                               |                                |
|-------------------------------|--------------------------------|
| 1 small ripe banana           | ½ teaspoon ground cinnamon     |
| 1 orange, peeled, cut in half | 1 scoop vanilla protein powder |
| 1 cup vanilla almond milk     | ½ cup ice                      |

### DIRECTIONS

1. Place all ingredients into the 24-ounce Nutri Ninja in the order listed.
2. Press Auto-iQ™ BLEND.





**Prep time:** 5 minutes

**Container:** 24-ounce Stainless Steel Nutri Ninja®

**Servings:** 1 (16-ounce) serving

## Frozen Peach & Berry Parfait

### INGREDIENTS

¼ cup plain granola

½ cup vanilla Greek yogurt

¾ cup vanilla almond milk

½ cup frozen peaches

½ cup frozen mixed berries

### DIRECTIONS

1. Place all ingredients into the 24-ounce Stainless Steel Nutri Ninja in the order listed.
2. Press Auto-iQ™ EXTRACT.



### TIP

Add an extra tablespoon of cocoa powder for a richer smoothie.

**Prep time:** 5 minutes

**Container:** 24-ounce Stainless Steel Nutri Ninja®

**Servings:** 1 (22-ounce) serving

## Mighty Mocha Protein Smoothie

### INGREDIENTS

½ cup strongly brewed, chilled coffee

½ cup chocolate almond milk

1 scoop chocolate protein powder

1 small frozen ripe banana

1 cup ice

### DIRECTIONS

1. Place all ingredients into the 24-ounce Stainless Steel Nutri Ninja in the order listed.
2. Press Auto-iQ™ BLEND.

## TIP

Add 1/4 cup half & half  
to make this soup rich  
and creamy.

**Prep time:** 5 minutes  
**Cook time:** 15-20 minutes  
**Container:** 24-ounce Nutri Ninja®  
**Makes:** 2 (8-ounce) servings

## Tomato Basil Soup

### INGREDIENTS

1 can (14.5 ounces) crushed tomatoes	1 tablespoon tomato paste
1 clove garlic	1/8 teaspoon salt
1/4 cup fresh basil	1/8 teaspoon ground black pepper
1/2 cup low-sodium vegetable broth	

### DIRECTIONS

1. Place all ingredients into the 24-ounce Nutri Ninja in the order listed.
2. Select START/STOP and blend until smooth, about 1 minute.
3. Pour soup into a medium saucepan and simmer 15 to 20 minutes.

**DO NOT** blend hot liquids.





**Prep time:** 5 minutes  
**Cook time:** 10 minutes  
**Container:** 24-ounce Nutri Ninja®  
**Makes:** 4 (6-ounce) servings

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## Pep in Your Step Soup

### INGREDIENTS

4 red bell peppers, peeled, roasted	1/3 bunch Italian parsley, trimmed
1/3 cup sun-dried tomatoes	3/4 cup low-sodium vegetable broth
2 cloves garlic	Salt and pepper, to taste
1/3 cup white wine	Balsamic vinegar, for garnish

### DIRECTIONS

1. Place all ingredients, except vinegar, into the 24-ounce Nutri Ninja in the order listed.
2. Press Auto-iQ™ BLEND.
3. Transfer to a medium saucepan and simmer until heated through, about 10 minutes. Serve warm, garnished with a splash of balsamic vinegar.

**DO NOT** blend hot liquids.

**TIP**

Try this dressing on greens, fruit, or even a chicken breast.

**Prep time:** 10 minutes

**Container:** 24-ounce Nutri Ninja®

**Makes:** 1 <sup>3</sup>/<sub>4</sub> cups

## Apricot-Mustard Dressing

### INGREDIENTS

2 tablespoons fresh thyme leaves

2 tablespoons Dijon mustard

<sup>1</sup>/<sub>4</sub> cup rice wine vinegar

<sup>3</sup>/<sub>4</sub> cup nonfat sour cream

3 tablespoons olive oil

3 tablespoons honey

<sup>1</sup>/<sub>2</sub> cup apricot jam

<sup>1</sup>/<sub>2</sub> teaspoon salt

### DIRECTIONS

1. Place all ingredients into the 24-ounce Nutri Ninja in the order listed.
2. Select START/STOP and blend for 30 seconds.



**TIP**

Add olives, roasted garlic, or roasted red peppers to give this recipe your own personal twist.

**Prep time:** 5 minutes  
**Container:** 24-ounce Nutri Ninja®  
**Makes:** 1 ¼ cups

## Classic Hummus

### INGREDIENTS

1 can (14 ounces) garbanzo beans,  
drained, liquid reserved  
¼ cup + 2 tablespoons garbanzo  
bean liquid  
2 tablespoons fresh lemon juice  
2 tablespoons olive oil

1 clove garlic  
1 tablespoon tahini  
½ teaspoon ground cumin  
½ teaspoon salt  
Cut vegetables and pita chips,  
for dipping

### DIRECTIONS:

1. Place all ingredients into the 24-ounce Nutri Ninja in the order listed.
2. Select START/STOP and blend until smooth. Transfer mixture to a serving bowl. Serve with cut vegetables and pita chips.

**Prep time:** 10 minutes  
**Container:** 24-ounce Nutri Ninja®  
**Makes:** 2 cups

## Walnut Red Pepper Dip

### INGREDIENTS

1 jar (7 ounces) roasted red peppers	1 teaspoon ground cumin
¼ 6-inch round pita bread	¼ cup olive oil
1 cup toasted walnuts	⅛ teaspoon salt
2 tablespoons fresh lemon juice	Pinch ground black pepper
2 tablespoons tomato paste	Cut vegetables and pita chips, for dipping
¼ teaspoon red pepper flakes	

### DIRECTIONS

1. Drain peppers and reserve liquid in a small bowl. Tear pita bread in 1-inch pieces and place in bowl of liquid to soften, about 3 minutes.
2. Place softened pita bread and remaining ingredients, except cut vegetables and pita chips, into the 24-ounce Nutri Ninja.
3. PULSE 3 times, then select START/STOP and blend until smooth. Transfer mixture to a serving bowl. Serve with cut vegetables and pita chips.





**Prep time:** 5 minutes

**Container:** 24-ounce Stainless Steel Nutri Ninja®

**Makes:** 2 (10-ounce) servings

## Frozen Hot Chocolate

### INGREDIENTS

- 1 cup lowfat milk, separated
- ¼ cup instant nonfat dry milk
- 2 ½ tablespoons unsweetened cocoa powder
- 2 tablespoons agave nectar
- Pinch salt
- 1 ½ cups ice

### DIRECTIONS

1. In a bowl, combine ½ cup milk with instant nonfat dry milk, cocoa powder, agave nectar, and salt. Stir with a whisk or fork until ingredients have formed a smooth slurry.
2. Place ice into the 24-ounce Stainless Steel Nutri Ninja followed by the slurry and last ½ cup of milk.
3. Press Auto-iQ™ BLEND.



**Prep time:** 5 minutes

**Container:** 24-ounce Stainless Steel Nutri Ninja®

**Makes:** 2 (10-ounce) servings

## Crushed Peppermint Frozen Frappe

### INGREDIENTS

- ½ cup almond milk
- 2 cups lowfat vanilla frozen yogurt
- 10 peppermint candies
- Peppermint sticks, for garnish

### DIRECTIONS

1. Place all ingredients into the 24-ounce Stainless Steel Nutri Ninja in the order listed.
2. Press Auto-iQ™ BLEND.
3. Serve in small glasses garnished with peppermint sticks.



**Prep time:** 5 minutes

**Container:** 24-ounce Stainless Steel Nutri Ninja®

**Makes:** 2 (9-ounce) servings

## Mango Cream

### INGREDIENTS

$\frac{3}{4}$  cup coconut water

$\frac{1}{2}$  cup nonfat yogurt

$1\frac{1}{2}$  tablespoons honey

$1\frac{1}{2}$  cups frozen mango chunks

### DIRECTIONS

1. Place all ingredients into the 24-ounce Stainless Steel Nutri Ninja in the order listed.
2. Press Auto-iQ™ BLEND.



**Prep time:** 5 minutes

**Container:** 24-ounce Stainless Steel Nutri Ninja®

**Makes:** 2 (11-ounce) servings

## Monkey Madness

### INGREDIENTS

$1\frac{1}{4}$  cups almond milk

$\frac{1}{4}$  cup almond butter

1 tablespoon agave nectar

2 tablespoons unsweetened cocoa powder

1 small frozen ripe banana

1 cup ice

### DIRECTIONS

1. Place all the ingredients into the 24-ounce Stainless Steel Nutri Ninja in the order listed.
2. Press Auto-iQ™ BLEND.





**Prep time:** 5 minutes  
**Container:** 24-ounce Stainless Steel Nutri Ninja®  
**Makes:** 2 (10-ounce) servings

# Iced Orange Chocolate Blast

## INGREDIENTS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| 2 oranges, peeled, cut in quarters | ¼ teaspoon ground cinnamon           |
| ⅓ cup nonfat milk                  | 2 teaspoons unsweetened cocoa powder |
| 1 ½ teaspoons honey                | 2 cups vanilla frozen yogurt         |

## DIRECTIONS

1. Place all ingredients into the 24-ounce Stainless Steel Nutri Ninja in the order listed.
2. Press Auto-iQ™ BLEND.

## NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

## NOTES

[illegible]



