

NUTRI NINJA®

Auto-iQ™
ONE-TOUCH INTELLIGENCE

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.



Don't overfill the Nutri Ninja cups. If you feel resistance when fastening the blade assembly to the cup, remove some ingredients.

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



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
- 1/2 small jalapeño pepper, seeds removed
- 1 medium naval orange, peeled, cut in quarters
- 1/2-inch piece fresh ginger, peeled
- 1/2 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

- 1/2 cup walnut pieces
- 1 tablespoon honey
- 1/3 cup whole-berry cranberry sauce
- Dash salt
- 1 cup oat milk
- 1 1/2 cups ice
- 1/4 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
- 1 celery stalk, cut in half
- ½ green apple, unpeeled, uncored, cut in half
- ¾ cup blueberries
- ½ cup watermelon chunks
- ½ cup water
- ¾ 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 (11-ounce) servings

Ginger Pear Defense

INGREDIENTS

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

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
- 3/4 cup orange juice
- 1 cup frozen strawberries
- 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

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

DIRECTIONS

1. Place all ingredients into the 24-ounce 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

- 3/4 cup fresh pineapple chunks
- 1 small ripe banana
- 1 1/2 cups coconut water
- 3/4 cup frozen strawberries
- 3/4 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

- 1/4-inch piece fresh ginger, peeled
- 7 green grapes
- 1/4 navel orange, peeled
- 1 1/2-inch piece carrot, peeled
- 1 1/2-inch piece celery
- 1/4 cup fresh pineapple chunks
- 1/4 small green apple, cut in half
- 1/4 cup fresh blueberries
- 1/4 vine-ripened tomato, cut in half
- 1-inch piece English cucumber, cut in half
- 3/4-inch piece beet, peeled
- 1/4 cup spinach
- 1/2 teaspoon flaxseed
- 1/2 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
- 1/4 medium cucumber, cut lengthwise
- 1/4 lime, peeled
- 1/2 cup spinach
- 2 or 3 mint leaves
- 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: 5 minutes

Container: 24-ounce Stainless Steel Nutri Ninja®

Makes: 1 (16-ounce) serving

Berries Galore

INGREDIENTS

1 orange, peeled, cut in quarters

1/4 cup blueberries

1/2 cup blackberries

1/2 cup ice

1/2 cup raspberries

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

3/4 cup fresh mango chunks

2 1/4 cups coconut water

1/4 cup fresh mint leaves

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

¼ cup fresh blueberries

½ small ripe banana

1½ cups chilled green tea

¼ cup frozen strawberries

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.



Prep time: 5 minutes

Container: 24-ounce Stainless Steel Nutri Ninja®

Makes: 2 (10-ounce) servings

Cherry Café Smoothie

INGREDIENTS

½ cup strongly brewed, chilled
decaffeinated coffee

½ cup nonfat vanilla yogurt

2 teaspoons agave nectar

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
- 1 orange, peeled, cut in half
- 1 cup vanilla almond milk
- ½ teaspoon ground cinnamon
- 1 scoop vanilla protein powder
- 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

1/4 cup plain granola

1/2 cup frozen peaches

1/2 cup vanilla Greek yogurt

1/2 cup frozen mixed berries

3/4 cup vanilla almond milk

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

1/2 cup strongly brewed, chilled coffee

1 small frozen ripe banana

1/2 cup chocolate almond milk

1 cup ice

1 scoop chocolate protein powder

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

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 ³/₄ cups

Apricot-Mustard Dressing

INGREDIENTS

2 tablespoons fresh thyme leaves

2 tablespoons Dijon mustard

¹/₄ cup rice wine vinegar

³/₄ cup nonfat sour cream

3 tablespoons olive oil

3 tablespoons honey

¹/₂ cup apricot jam

¹/₂ 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

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

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

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

2 tablespoons unsweetened cocoa powder

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

1 small frozen ripe banana

1 tablespoon agave nectar

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

1/3 cup nonfat milk

1 1/2 teaspoons honey

1/4 teaspoon ground cinnamon

2 teaspoons unsweetened cocoa powder

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

NOTES



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