

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

NUTRI NINJA® NINJA BLENDER DUO™



INSPIRATION GUIDE

30
RECIPES



Ninja® Compact Blender with Auto-iQ™ Smooth Boost

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

ONE TOUCH FOR
KICKING BUTT.

ONE TOUCH FOR
KICKING BACK.

Who says you can't chug green super juices in the morning
and sip frozen margaritas at night? Well, nobody, really.
But we've made it easier than ever to do just that. Just add
your ingredients, press a button and, voila—you're hands-free
and ready to kick your day into a whole new gear.



NUTRIENT & VITAMIN EXTRACTION*: **HERE'S THE BREAK DOWN**

How many people actually eat oranges, seeds and all? Or cucumbers with the skin left on? Strawberry stems? The answer: approximately nobody. But the truth is, you're missing out on some key nutrients, like fiber, when you discard the 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® | Ninja Blender DUO™ with Auto-iQ™ Smooth Boost™ 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.

*Extract a 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® | Ninja Blender DUO™ with Auto-iQ™ Smooth Boost® 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 drink containing vitamins and nutrients from fruits and vegetables.

CRUISE CONTROL, FOR THE KITCHEN.

Ninja® has set a new standard in drink and meal customization.

Smooth Boost® technology gives you the power to customize the consistency of anything you make. Selecting **SMOOTH BOOST Yes** or **SMOOTH BOOST No** adds just the right amount pulses and pauses to get the the results you want from each recipe.



TO BOOST OR NOT TO BOOST?

Auto-iQ™ Smooth Boost® gives you the perfect consistency for everything from juices and smoothies, to soups and dips. Here's how to get the best results with each program on your Ninja® Compact Blender with Auto-iQ Smooth Boost.

EXTRACT



Select **SMOOTH BOOST Yes** if your recipe includes fibrous ingredients with skins and seeds. Otherwise, use **SMOOTH BOOST No**.

BLEND



Using frozen fruit or nuts? Select **SMOOTH BOOST Yes**. If you're sticking to soft or fresh fruit, you're all set with **SMOOTH BOOST No**.



LOAD IT UP

Now it's time to take your Nutri Ninja® | Ninja Blender DUO™ with Auto-iQ™ Smooth Boost® 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.



TIP: Don't overfill the Nutri Ninja® cups. If you feel resistance when fastening the blade 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 them 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, use only Sip & Seal® Lid to cover.

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.

1

Start by adding fresh fruits and vegetables.

For best results, cut ingredients in 1-inch chunks.

**START
FROM THE
BOTTOM
UP**



Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 (10-ounce) servings

Sweet Spinach Detox

INGREDIENTS

1 green apple, cut in eighths

½-inch piece fresh ginger, peeled

¼ lemon, peeled, seeds removed

½ cup baby spinach

½ cup apple juice

½ cup water

1 tablespoon honey

½ cup ice

DIRECTIONS

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



Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 (10-ounce) servings

Spiced Carrot

INGREDIENTS

2 medium carrots, peeled, cut in quarters

1 cup carrot juice

½ cup vanilla Greek yogurt

2 teaspoons honey

¼ teaspoon ground cinnamon

⅛ teaspoon ground ginger

1 cup ice

DIRECTIONS

1. Place all ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Press Auto-iQ™ EXTRACT.
3. Remove blades from cup after blending.



Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 (10-ounce) servings

Pineapple Kick

INGREDIENTS

2 cups pineapple chunks

½ small jalapeño pepper, seeds removed

½-inch piece fresh ginger, peeled

1 lime, peeled, cut in half

1 medium navel orange, peeled, cut in quarters

½ cup ice

DIRECTIONS

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



Prep time: 2 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 (10 ounce) servings

Cranberry-Oat Soother

INGREDIENTS

½ cup walnut pieces

⅓ cup whole-berry cranberry sauce

1 cup oat milk

¼ teaspoon vanilla

1 tablespoon honey

Dash salt

1 ½ cups ice

DIRECTIONS

1. Place all 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.

Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 1 (18-ounce) serving

Chai-Spiced Eye Opener

INGREDIENTS

- 1 ripe pear, cored, cut in quarters
- 1/4-inch piece fresh ginger, peeled
- 1 cup baby spinach
- 1 cup brewed, chilled chai tea
- 2 teaspoons fresh lemon juice
- Dash salt
- 1/2 cup frozen mango chunks

DIRECTIONS

1. Place all ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Press Auto-iQ™ EXTRACT.
3. Remove blades from cup after blending.

DO NOT BLEND HOT INGREDIENTS.





Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 (10-ounce) servings

Blueberry Chill

INGREDIENTS

1/4 cup chopped red cabbage

1 celery stalk, cut in half

1/2 green apple, unpeeled, uncored, cut in half

3/4 cup blueberries

1/2 cup watermelon chunks

1/2 cup water

3/4 cup ice

DIRECTIONS

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



Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 (11-ounce) servings

Ginger Pear Defense

INGREDIENTS

¼-inch piece fresh ginger, peeled
1 ripe pear, cored, cut in quarters
2 teaspoons fresh lemon juice

2 ¼ cups cold water
Honey, to taste

DIRECTIONS

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



Prep time: 6 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 (11-ounce) servings

Lean Green Ninja

INGREDIENTS

½ small ripe banana

½ cup pineapple chunks

½ cup 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 Tritan Nutri Ninja Cup in the order listed.
2. Select Auto-iQ™ BLEND.
3. Remove blades from cup after blending.



Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 (11-ounce) servings

Island Mood Boost

INGREDIENTS

$\frac{3}{4}$ cup fresh pineapple chunks

1 small ripe banana

1 $\frac{1}{2}$ cups coconut water

$\frac{3}{4}$ cup frozen strawberries

$\frac{3}{4}$ cup frozen mango chunks

DIRECTIONS

1. Place all ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Press Auto-iQ™ EXTRACT.
3. Remove blades from cup after blending.



Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

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 Tritan Nutri Ninja Cup in the order listed.
2. Press Auto-iQ™ EXTRACT.
3. Remove blades from cup after blending.

Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

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 pineapple chunks
- 1/4 small green apple, cut in half
- 1/4 cup 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 Tritan Nutri Ninja Cup in the order listed.
2. Select Auto-iQ™ EXTRACT.
3. Remove blades from cup after blending.





Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 1 (16-ounce) serving

Berries Galore

INGREDIENTS

1 orange, peeled, cut in quarters

½ cup blackberries

¼ cup raspberries

¼ cup blueberries

½ cup ice

DIRECTIONS

1. Place all ingredients into the 24-ounce Tritan Nutri Ninja Cup in the order listed.
2. Press Auto-iQ™ EXTRACT.
3. Remove blades from cup after blending.



Prep time: 5 minutes

Container: 72-ounce Pitcher

Makes: 4 (8-ounce) servings

Watermelon Quench

INGREDIENTS

- 2½ cups fresh watermelon chunks
- 2 cups pomegranate juice
- 1 cup frozen peaches

DIRECTIONS

1. Place all ingredients into the 72-ounce Pitcher in the order listed.
2. Press Auto-iQ™ BLEND.



Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 (11-ounce) servings

Two-Berry Tea

INGREDIENTS

¼ cup fresh blueberries

½ small ripe banana

1 ½ cups chilled green tea

¼ cup frozen strawberries

1 cup ice

DIRECTIONS

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

DO NOT BLEND HOT INGREDIENTS.

Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

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 Tritan Nutri Ninja Cup in the order listed.
2. Press Auto-iQ™ BLEND.
3. Remove blades from cup after blending.

DO NOT BLEND HOT INGREDIENTS.





Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

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 Tritan Nutri Ninja Cup in the order listed.
2. Press Auto-iQ™ BLEND.
3. Remove blades from cup after blending.



Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

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 Tritan Nutri Ninja Cup in the order listed.
2. Press Auto-IQ™ EXTRACT.
3. Remove blades from cup after blending.



Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

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 Tritan Nutri Ninja Cup in the order listed.
2. Press Auto-iQ™ BLEND.
3. Remove blades from cup after blending.

DO NOT BLEND HOT INGREDIENTS.



Prep time: 10 minutes

Cook time: 35-40 minutes

Container: 72-ounce Pitcher

Makes: 8 (8-ounce) servings

Butternut Squash Soup

INGREDIENTS

- 3 tablespoons olive oil
- 1 large yellow onion, chopped
- 1 cup raw cashews
- 1 large apple, peeled, cored, chopped
- 1 large carrot, peeled, chopped
- 2 pounds butternut squash, cubed
- 1 teaspoon fresh thyme leaves
- 1 bay leaf
- 4 cups low-sodium vegetable broth
- ½ teaspoon salt
- Ground black pepper, to taste

DIRECTIONS

1. Heat oil in a large saucepan and add the onions, cooking until softened, about 5 minutes. Add the cashews and cook, stirring, for about 5 minutes.
2. Add the apple, carrot, squash, thyme, and bay leaf to the saucepan and cook for 5 minutes. Add broth and stir to combine. Bring soup to a boil and reduce heat to medium-low, simmering until the squash is easily pierced with a knife, about 20 to 25 minutes.
3. Remove soup from heat and discard bay leaf. Cool soup to room temperature.
4. Ladle cooled soup into the 72-ounce Pitcher. Select Auto-iQ™ PUREE. Return soup to saucepan and simmer until heated through.

DO NOT BLEND HOT INGREDIENTS.



Prep time: 8 minutes

Cook time: 15-20 minutes

Container: 72-ounce Pitcher

Makes: 4 (8-ounce) servings

Tomato Basil Soup

INGREDIENTS

- 1 clove garlic
- 1 can (28 ounces) crushed tomatoes
- ½ cup fresh basil
- 1 cup low-sodium vegetable broth
- 2 tablespoons tomato paste
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

DIRECTIONS

1. Place all ingredients into the 72-ounce Pitcher in the order listed.
2. Select HIGH and blend until smooth, about 1 minute.
3. Pour soup into a medium saucepan and simmer 15 to 20 minutes.

DO NOT BLEND HOT INGREDIENTS.



Prep time: 10 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

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 Tritan Nutri Ninja Cup in the order listed.
2. Select START/STOP and blend for 30 seconds.
3. Remove blades from cup after blending.

Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

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 Tritan Nutri Ninja Cup followed by the slurry and last ½ cup of milk.
3. Press Auto-iQ™ BLEND.
4. Remove blades from cup after blending.

DO NOT BLEND HOT INGREDIENTS.





Prep time: 5 minutes

Container: 72-ounce Pitcher

Makes: 4 (8-ounce) servings

Crushed Peppermint Frozen Frappe

INGREDIENTS

1½ cups almond milk

5 cups lowfat vanilla frozen yogurt

25 peppermint candies

Peppermint sticks, for garnish

DIRECTIONS

1. Place all ingredients into the 72-ounce Pitcher 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 Tritan™ Nutri Ninja® Cup

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 Tritan Nutri Ninja Cup in the order listed.
2. Press Auto-iQ™ BLEND.
3. Remove blades from cup after blending.



Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 (11-ounce) servings

Monkey Madness

INGREDIENTS

1 ¼ cups almond milk

¼ 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 Tritan Nutri Ninja Cup in the order listed.
2. Press Auto-iQ™ BLEND.
3. Remove blades from cup after blending.



Prep time: 10 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 2 cups

Walnut Red Pepper Dip

INGREDIENTS

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

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 Tritan Nutri Ninja Cup.
3. Select Auto-iQ™ BLEND.
4. Remove blades from cup after blending.
5. Transfer mixture to a serving bowl. Serve with cut vegetables and pita chips.



Prep time: 5 minutes

Container: 24-ounce Tritan™ Nutri Ninja® Cup

Makes: 1 ¼ cups

Classic Hummus

INGREDIENTS

1 can (14 ounces) garbanzo beans,
drained, liquid reserved
¼ cup plus 2 tablespoons
garbanzo bean liquid
2 tablespoons lemon juice
2 tablespoons olive oil
1 clove garlic, peeled
1 tablespoon tahini
½ teaspoon ground cumin
½ teaspoon salt

DIRECTIONS

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

Prep time: 5 minutes
Container: 72-ounce Pitcher
Makes: 4 (8-ounce) servings

Fresh Cucumber Citrus Margarita

INGREDIENTS

1 lime, peeled, cut in half, seeds removed
1 lemon, peeled, cut in quarters, seeds removed
1/2 orange, peeled, seeds removed
1/4 cucumber, peeled
1/4 cup triple sec
2/3 cup tequila
1 tablespoon honey
4 cups ice

DIRECTIONS

1. Place all ingredients into the 72-ounce Pitcher in the order listed.
2. Select Auto-iQ™ BLEND.

TIP: Add 2 cups of ice first, then all other ingredients, topping off with the last 2 cups of ice.





Prep time: 5 minutes

Container: 72-ounce Pitcher

Makes: 4 (7-ounce) servings

Frozen White Siberian

INGREDIENTS

4 ounces coffee liqueur,
plus additional for garnish
3 ounces vodka
½ cup lowfat milk

1 cup nonfat coffee frozen
yogurt or ice cream
1 cup ice
Whipped cream, for garnish

DIRECTIONS

1. Place all ingredients into the 72-ounce Pitcher in the order listed.
2. Press Auto-iQ™ BLEND.



Prep time: 10 minutes

Container: 72-ounce Pitcher

Makes: 8 (7-ounce) servings

Tropical Cooler

INGREDIENTS

1/3 English cucumber, peeled,
cut in quarters
1 cup pineapple chunks
1/2 jalapeño pepper, seeds removed
1/2-inch piece fresh ginger, peeled
1/4 teaspoon ground coriander
Juice of 1 1/2 limes
1 1/2 cups coconut water
3 tablespoons agave nectar
1/4 cup silver tequila
3 1/2 cups frozen mango chunks
1 1/2 cups ice

Garnish:

1/4 cup margarita salt
1/4 heaping teaspoon cayenne pepper
1 slice lime
8 slices English cucumber

DIRECTIONS

1. Place all ingredients into the 72-ounce Pitcher in the order listed.
2. Select Auto-iQ™ BLEND.
3. For the garnish, combine salt and cayenne pepper on a small plate. Wet the rims of 8 glasses with the slice of lime, then turn the glasses over in the salt and cayenne mixture. Divide margarita between the glasses and garnish each with a cucumber slice.

NOTES

NOTES



**NUTRI NINJA®
NINJA BLENDER
DUO™**

Auto-iQ
with **SMOOTH BOOST™**

