

**NUTRI
NINJA**

Auto-iQTM
ONE-TOUCH INTELLIGENCE

INSPIRATION GUIDE

30
RECIPES



Nutri Ninja[®] **Auto-iQ**[™] Compact Blender

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IT'S ALL THAT AND A BAG OF KALE CHIPS.

Introducing the all-in-one smoothie-smoother, ice-crusher, veggie-sneaker-inner, milkshake-shaker, cookie-dough-mixer, meal-whipper-upper, time-saver, great-big-happy-family-maker.

Whew. See? You can have it all—in the kitchen at least.

Now, go take a nap. You deserve it.



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™ Compact Blender 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™ Compact Blender 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™ Compact Blender 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.



For an even blend in the 40-ounce Blend & Prep Bowl, place harder, more dense foods at the bottom, near the blades, and softer foods on top.

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.



The 48-ounce jar is perfect for multiple servings of your favorite recipes. Just remember that the Sip & Seal® lids are designed only to fit on the 24-ounce stainless steel and plastic cups.

! 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

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: 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: 1 (18-ounce) serving

Chai-Spiced Eye Opener

INGREDIENTS

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

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: 48-ounce XL Multi-Serve Ninja®

Makes: 4 (8-ounce) servings

Island Mood Boost

INGREDIENTS

- 1 cup fresh pineapple chunks
- 1 small ripe banana
- 2 cups coconut water
- 1 cup frozen strawberries
- 1 cup frozen mango chunks

DIRECTIONS

1. Place all ingredients into the 48-ounce XL Multi-Serve Ninja in the order listed.
2. Press Auto-iQ™ BLEND.



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
- ¼ 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 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 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: 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: XL Multi-Serve Ninja® Jar
Makes: 4 (8-ounce) servings

Lean Green Ninja

INGREDIENTS

- 1 small ripe banana
- 1 cup fresh pineapple chunks
- 1 cup fresh mango chunks
- ½ cup kale leaves
- ½ cup spinach
- 1 cup coconut water
- 1 cup ice

DIRECTIONS

1. Place all ingredients into the 48-ounce XL Multi-Serve Ninja in the order listed.
2. Press Auto-iQ™ EXTRACT.

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.



TIP

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



Prep time: 5 minutes
Container: 24-ounce Stainless Steel Nutri Ninja®
Makes: 1 (22-ounce) serving

Mighty Mocha Protein Smoothie

INGREDIENTS

- ½ cup strongly brewed, chilled coffee
- 1 small frozen ripe banana
- ½ 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.



Prep time: 5 minutes

Container: 24-ounce Stainless Steel Nutri Ninja®

Makes: 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 chocolate chips at the same time as the pumpkin seeds and water for a special treat!

Prep time: 20 minutes

Container: 40-ounce Blend & Prep Bowl

Makes: 12 servings

Superfood Snack Bars

INGREDIENTS

1 cup raw almonds

8 dates, pitted

1/4 cup dried cherries

2 tablespoons unsweetened coconut flakes

1 tablespoon hemp seed

2 teaspoons maple syrup

2 tablespoons toasted pumpkin seeds

1 tablespoon water

DIRECTIONS

1. Line an 8x8-inch baking dish with plastic wrap; set aside.
2. Place all ingredients, except pumpkin seeds and water, into the 40-ounce Blend & Prep Bowl in the order listed.
3. Select Auto-iQ™ CHOP and process until dates have been broken down and mixture is coarsely chopped. Scrape down sides of bowl as necessary.
4. Add pumpkin seeds and water and select AUTO-iQ CHOP; process until ingredients are fully combined.
5. Press mixture firmly into the lined baking dish, cover, and refrigerate at least 1 hour.
6. Invert onto a cutting board, remove plastic wrap, and cut into 2-inch square bars. Wrap bars in plastic wrap to store.



Prep time: 10 minutes
Cook time: 10-15 minutes
Container: 40-ounce Blend & Prep Bowl
Makes: 8 patties

Turkey Apple Sausage Patties

INGREDIENTS

1 small onion, peeled, cut in quarters	1 pound uncooked turkey breast, cut in 2-inch cubes
2 apples, peeled, cored, cut in quarters	Pinch cinnamon
1/3 cup fresh sage leaves	3/4 teaspoon salt
1 tablespoon olive oil	3/4 teaspoon fresh ground pepper

DIRECTIONS

1. Preheat oven to 350°F. Line a cookie sheet with parchment paper and set aside.
2. Place onion, apples, and sage leaves into the 40-ounce Blend & Prep Bowl. Select Auto-iQ™ CHOP and process until finely chopped.
3. Heat olive oil in a medium skillet. Add chopped onion mixture and sauté 3 to 5 minutes, until soft. Remove from heat and place in a large bowl to cool slightly.
4. Place cubed turkey into the 40-ounce Blend & Prep Bowl. Select Auto-iQ CHOP and process until finely ground. Add ground turkey to bowl with chopped onion mixture. Add cinnamon, salt, and pepper. Mix well, using your hands.
5. Form mixture into 8 patties and place on the prepared cookie sheet. Bake 10 to 12 minutes, or until fully cooked.



Prep time: 15 minutes + 4 hours rest

Cook time: 25 minutes

Container: 40-ounce Blend & Prep Bowl

Makes: 8 servings

Spinach & Feta Egg Strata

INGREDIENTS

Cooking spray

1 loaf day-old French bread, crusts removed,
torn in bite-sized pieces

5 large eggs

1 cup half & half

½ cup cubed Monterey Jack cheese

½ cup cubed feta cheese

¼ teaspoon ground nutmeg

½ teaspoon salt

¼ teaspoon black pepper

1 cup cooked spinach, well drained
(about 6 cups fresh)

DIRECTIONS

1. Coat a 9-inch round baking pan with cooking spray. Place torn bread in pan and set aside.
2. Add eggs, half & half, Monterey Jack cheese, feta cheese, nutmeg, salt, and pepper to the 40-ounce Blend & Prep Bowl.
3. Select Auto-iQ™ CHOP and process until eggs are combined. Remove lid and add well-drained spinach. Select Auto-iQ CHOP and process just until combined; be careful not to over-mix the spinach.
4. Pour egg mixture over bread. Cover and refrigerate 4 hours to allow egg mixture to soak into bread.
5. Preheat oven to 350°F. Bake 20 to 25 minutes, until puffed and golden brown. Serve warm.



Prep time: 15 minutes

Cook time: 20-25 minutes

Container: 48-ounce XL Multi-Serve Ninja®

Makes: 4 (8-ounce) servings

Butternut Squash Soup

INGREDIENTS

1 ½ tablespoons olive oil

1 small yellow onion, chopped

½ cup raw cashews

1 small apple, peeled, cored, chopped

1 medium carrot, peeled, chopped

1 pound butternut squash, peeled, cubed

½ teaspoon fresh thyme leaves

1 bay leaf

2 cups vegetable stock, plus more to thin if desired

¼ teaspoon salt, or more to taste

Ground black pepper, to taste

DIRECTIONS

1. Heat oil in a large saucepan and add onions, cooking until they begin to soften, about 5 minutes. Add cashews and cook, stirring, about 5 minutes.
2. Add chopped apple, carrot, squash, thyme leaves, and bay leaf to saucepan and allow to cook 5 minutes. Add stock and stir to combine. Bring soup to a boil and reduce heat to medium-low, simmering until squash is easily pierced with a knife, 20 to 25 minutes. Remove and discard bay leaf.
3. Allow soup to cool to room temperature. Working in two batches, ladle half the soup into the 48-ounce XL Multi-Serve Ninja. Select START/STOP and blend until smooth. Return soup to saucepan and simmer until heated through.

DO NOT blend hot liquids.

TIP

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

Prep time: 8 minutes

Cook time: 15–20 minutes

Container: 48-ounce XL Multi-Serve Ninja®

Makes: 6 (6-ounce) servings

Tomato Basil Soup

INGREDIENTS

1 can (28 ounces) crushed tomatoes

1 clove garlic

1/2 cup fresh basil

1 cup low-sodium vegetable broth

2 tablespoons tomato paste

1/4 teaspoon salt

1/2 teaspoon ground black pepper

DIRECTIONS

1. Place all ingredients into the 48-ounce XL Multi-Serve 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.



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	3 tablespoons olive oil
2 tablespoons Dijon mustard	3 tablespoons honey
¹ / ₄ cup rice wine vinegar	¹ / ₂ cup apricot jam
³ / ₄ cup nonfat sour cream	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.



Prep time: 5 minutes

Container: 40-ounce Blend & Prep Bowl

Makes: 2 servings

Curry Chicken Salad

INGREDIENTS

8 ounces cooked chicken breast,
cut in 2-inch cubes

1 celery stalk, cut in thirds

1/4 small red onion

1/4 cup cilantro leaves

1/4 cup mayonnaise

2 teaspoons curry powder

2 teaspoons fresh lime juice

1/2 teaspoon salt

1/8 teaspoon ground black pepper

DIRECTIONS

1. Place all ingredients into the 40-ounce Blend & Prep Bowl in the order listed.
2. Select Auto-iQ™ CHOP and process to desired consistency.

TIP

For a kid-friendly version, swap out the olives and feta cheese for sliced pepperoni.



Prep time: 1 hour
Cook time: 20-25 minutes
Container: 40-ounce Blend & Prep Bowl
Makes: 12 servings

Greek Pizza Night

INGREDIENTS

Pizza Dough:

1 packet (1/4 ounce) active dry yeast
1 teaspoon sugar
1 1/4 cups warm water (105-110°F)
4 cups all-purpose flour
1 teaspoon salt
1/2 cup olive oil
Reserved flour
Reserved water

Toppings:

Your favorite pizza sauce
1 1/2 cups lowfat mozzarella cheese
1 cup broccoli florets
1 cup thinly sliced red pepper
1/4 cup sliced black olives
1/2 cup crumbled feta cheese

DIRECTIONS

1. For dough: Combine yeast, sugar, and warm water in a small bowl and set aside until foamy, about 5 minutes.
2. Place the dough blade into the 40-ounce Food Blend & Prep Bowl and add flour, salt, olive oil, and yeast mixture. Select LOW and process for 30 seconds, until dough comes together. Remove dough and form into a ball. Place ball into a lightly oiled bowl and cover loosely with plastic wrap; allow to rest and rise for 1 hour, until dough has doubled in size.
3. Preheat oven to 375°F. Lightly spray a cookie sheet or pizza pan with nonstick spray. Remove dough from the bowl and flatten out, gently pushing dough all the way to the edges of the pan and 1/2 inch up the edge to form a crust.
4. Spoon your favorite pizza sauce evenly onto dough, then top with mozzarella cheese, broccoli, red peppers, olives, and feta cheese.
5. Bake for 20 to 25 minutes, checking halfway through, until crust is golden brown.

TIP

Enjoy atop your favorite pasta or as a delicious dip at your next party!



Prep time: 25 minutes

Cook time: 20 minutes

Container: 40-ounce Blend & Prep Bowl

Makes: 2 cups

Kale & Sunflower Pesto

INGREDIENTS

- 1/2 medium bunch kale, stems removed
- 1/4 cup fresh basil
- 1 large clove garlic
- 1/4 cup roasted unsalted sunflower seeds
- 2 tablespoons grated Parmesan cheese
- Zest and juice of 1/2 lemon
- 1/4 cup olive oil, plus more as needed
- 2 tablespoons water
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper

DIRECTIONS

1. Bring 4 quarts salted water to a boil. Blanch kale leaves for 30 seconds and upon removal immediately plunge into ice water. Squeeze kale leaves dry.
2. Add kale and all remaining ingredients to the 40-ounce Blend & Prep Bowl.
3. Select LOW and process for 30 seconds, or to desired consistency. Add more oil if needed.



Prep time: 15 minutes

Cook time: 10–12 minutes

Container: 40-ounce Blend & Prep Bowl

Makes: 24 cookies

Gluten-Free Cherry Oaties

INGREDIENTS

½ cup coconut oil

1 egg

½ teaspoon vanilla extract

⅓ cup brown sugar, packed

⅓ cup granulated sugar

1 ¼ cups gluten-free flour

½ cup almond meal

½ cup gluten-free oats

¼ cup unsweetened shredded coconut

½ teaspoon baking soda

1 teaspoon salt

½ teaspoon ground cinnamon

½ cup dried cherries, roughly chopped

DIRECTIONS

1. Preheat oven to 350°F. Line 2 cookie sheets with parchment paper; set aside. Place the dough blade into the 40-ounce Blend & Prep Bowl. Add coconut oil, egg, vanilla, brown sugar, and granulated sugar. PULSE 3 times, then process on LOW for 15 seconds to cream ingredients. Scrape down sides of bowl.
2. In a medium bowl, combine flour, almond meal, oats, coconut, baking soda, salt, and cinnamon, and stir to combine. Add half the dry mixture to the Blend & Prep Bowl. PULSE 3 times, then process on LOW for 10 seconds. Scrape down sides of bowl, then add remaining dry mixture. Continue to process on LOW for 15 seconds until dough is evenly combined.
3. Add cherries to the Blend & Prep Bowl and PULSE 5 to 7 times, until they are evenly dispersed throughout dough.
4. Spoon tablespoon-sized scoops of dough onto prepared cookie sheets, about 2 inches apart. Bake for 10 to 12 minutes until just golden brown. Cookies will be very soft upon removal from oven but will set within 5 minutes of resting.



Prep time: 5 minutes

Container: 48-ounce XL Multi-Serve Ninja®

Makes: 4 (8-ounce) servings

Frozen Hot Chocolate

INGREDIENTS

2 cups lowfat milk, separated

½ cup instant nonfat dry milk

5 tablespoons unsweetened
cocoa powder

4 tablespoons agave nectar

Pinch salt

1 ½ cups ice

DIRECTIONS

1. In a bowl, combine 1 cup of 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 48-ounce XL Multi-Serve Ninja followed by the slurry and last cup of milk.
3. PULSE 3 times, using long pulses, then select Auto-iQ™ BLEND.



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

Monkey Madness

INGREDIENTS

- | | |
|---------------------------|--|
| 1 ¼ cups almond milk | 2 tablespoons unsweetened cocoa powder |
| ¼ 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: 48-ounce XL Multi-Serve Ninja®
Makes: 4 (6-ounce) servings

Crushed Peppermint Frozen Frappe

INGREDIENTS

- | | |
|-------------------------------------|--------------------------------|
| 1 ¼ cups almond milk | 10 peppermint candies |
| 4 cups lowfat vanilla frozen yogurt | Peppermint sticks, for garnish |

DIRECTIONS

1. Place all ingredients into the 48-ounce XL Multi-Serve Ninja in the order listed.
2. Press Auto-iQ™ BLEND.
3. Serve in small glasses garnished with peppermint sticks.

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: 10 minutes

Container: XL Capacity 48-ounce Ninja® Jar

Makes: 4 (10-ounce) servings

Tropical Cooler

INGREDIENTS

¼ English cucumber,
peeled, cut in quarters
½ cup fresh pineapple chunks
¼ jalapeño pepper, seeds removed
¼-inch piece fresh ginger, peeled
Juice of 1 lime
1 cup coconut water
4 ounces silver tequila
4 teaspoons agave nectar
⅛ teaspoon ground coriander
2 ¼ cups frozen mango chunks
1 cup ice

Garnish:

⅛ cup margarita salt
⅛ heaping teaspoon cayenne pepper
4 slices English cucumber

DIRECTIONS

1. Place all ingredients into the 48-ounce XL Multi-Serve Ninja in the order listed.
2. Press Auto-iQ™ BLEND.
3. Combine salt and cayenne pepper on a small plate and rim 4 glasses with the mixture. Divide between glasses and garnish with cucumber slices.

Prep time: 5 minutes

Container: 40-ounce Blend & Prep Bowl

Makes: 2 cups

Pineapple Salsa

INGREDIENTS

- 1 can (14 ounces) whole peeled tomatoes
- ½ white onion, peeled, cut in quarters
- ½ jalapeno pepper, seeds removed
- ½ chipotle chile
- 1 tablespoon adobo sauce
- ½ cup fresh pineapple chunks
- ½ lime, peeled, cut in quarters
- Salt and pepper, to taste

DIRECTIONS

1. Place all ingredients into the 40-ounce Blend & Prep Bowl in the order listed.
2. Select Auto-iQ™ CHOP and process to desired consistency.



Prep time: 5 mins

Container: 48-ounce XL Multi-Serve Ninja®

Makes: 4 (8 ounce) servings

Cucumber Citrus Margarita

INGREDIENTS

- | | |
|----------------------------------|--------------------|
| ¼ cucumber, peeled | ¼ cup triple sec |
| ½ orange, peeled | ⅔ cup tequila |
| 1 lime, peeled, cut in half | 1 tablespoon honey |
| 1 lemon, peeled, cut in quarters | 4 cups ice |

DIRECTIONS

1. Place all ingredients into the 48-ounce XL Multi-Serve Ninja in the order listed.
2. Press Auto-iQ™ BLEND.



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