

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

NINJA®

Inspiration Guide



CONGRATULATIONS

You've just purchased the Ninja® Professional Blender with Nutri Ninja® Cups

The Ninja Professional Blender with Nutri Ninja Cups is a hassle-free blender with outstanding performance and a sleek design. So go on, plug in your Ninja blender and be inspired.



Ninja® Professional Blender with Nutri Ninja® Cups

Gives you power and convenience in your kitchen. Ninja blade technology + 1100 watts of pure power.

FROZEN
BLENDING

FOOD
PROCESSING

COMPLETE
BLENDING



CAUTION: Remove the Nutri Ninja Blade 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 To-Go Lid to cover.

FROZEN BLENDING

A complete kitchen system for a variety of recipes. Whether you desire a delicious fruit smoothie, protein shake, frappe, slushie, or even a resort-style frozen cocktail, we've got you covered.

WHAT YOU NEED:



MOTOR BASE



72 OZ.* PITCHER



STACKED BLADE ASSEMBLY



NUTRI NINJA* CUP AND BLADE ASSEMBLY

*64 oz. max liquid capacity



FOOD PROCESSING

Chop fresh ingredients evenly without any mush. Effortlessly mince, chop, grind, and blend a variety of ingredients for easy meal preparation or final touches.

WHAT YOU NEED:



MOTOR BASE



72 OZ.* PITCHER



STACKED BLADE ASSEMBLY



NUTRI NINJA* CUP AND BLADE ASSEMBLY

*64 oz. max liquid capacity

COMPLETE BLENDING

Unlike juicers, the Ninja® Professional Blender with Nutri Ninja® Cups allows you to turn whole fruits and vegetables into delicious drinks, including all the nutritious pulp. Combine your favorite whole fruits, vegetables, and a few ice cubes, and the Ninja blade technology will do the rest.

WHAT YOU NEED:



MOTOR BASE



72 OZ.* PITCHER



STACKED BLADE
ASSEMBLY



NUTRI NINJA®
CUP AND BLADE
ASSEMBLY

*64 oz. max liquid capacity



Index to Ninja® Recipes

Creative and delicious recipes created to use with your Ninja® Professional Blender.

FROZEN BLENDING

- 1 Blueberry Blast
- 2 Lemon Meringue Pie Smoothie
- 3 Honeydew Melon Gimlet
- 4 Classic Margarita
- 5 Tropical Sunset Sparkler
- 6 Peanut Butter Chocolate Smoothie
- 7 Cool Watermelon Martini
- 8 Toddler's Time Out
- 9 Blueberry Cairoska
- 10 Cranberry Cosmo Freeze
- 11 Coconut Pineapple Sorbet
- 12 Fruit 'n' Cream Ice Cream
- 13 Watermelon Granita

FOOD PROCESSING

- 14 Basil Pesto
- 15 Artichoke Dip
- 16 Roasted Tomato Bruschetta
- 17 Spicy Mango Salsa
- 18 Crunchy Thai Peanut Spread
- 19 Key Lime Pie
- 20 Tomato Basil Cream Sauce

COMPLETE BLENDING

- 21 Spiced Apple Pie
- 22 Spicy Tomato Jolt
- 23 Pineapple Banana Swirl
- 24 Melon Cooler
- 25 Pineapple Ginger Mint
- 26 Emerald Green Elixir
- 27 Lean & Green
- 28 Cantaloupe Breeze





BLUEBERRY BLAST

- ½ cup white grape juice
- ½ cup low-fat yogurt
- ½ ripe banana
- ½ cup blueberries
- 5 ice cubes

5 minutes • makes 1 serving

16
OZ

Place all ingredients in the Nutri Ninja® Cup. PULSE the Single Serve button until smooth. Remove blades from cup after blending.

LEMON MERINGUE PIE SMOOTHIE

- ½ cup lemonade
- ¾ cup lemon-flavored yogurt
- 1 ounce cream cheese
- ½ cup ice cubes

5 minutes • makes 1 serving

16
OZ

Place all ingredients in the Nutri Ninja® Cup. PULSE the Single Serve button until smooth. Remove blades from cup after blending.





HONEYDEW MELON GIMLET

1 cup honeydew melon, cut in chunks
2 teaspoons lime juice
8 ounces dry gin
Ice cubes, for serving

5 minutes • makes 2 servings

Place the melon, juice, and gin in the Pitcher. Blend on 2 until smooth. Strain before serving over ice, if desired.



CLASSIC MARGARITA

1 cup lime juice
4 tablespoons orange juice
4 tablespoons lemon juice
8 ounces orange liqueur
8 ounces tequila
2 tablespoons sugar or agave nectar
1½ cups ice cubes

10 minutes • makes 4 servings

Place all ingredients in the Pitcher. Blend on 3 until smooth. Taste and add more sugar or agave nectar if you like a sweeter flavor.





TROPICAL SUNSET SPARKLER

- 20 ice cubes**
- ½ cup orange juice**
- ½ cup pineapple juice**
- 12 ounces prosecco**
- 4 tablespoons grenadine**
- 4 sweet cherries**

10 minutes • makes 4 servings



Place the ice cubes in the Pitcher. PULSE until completely smooth. Divide ice equally into 4 cocktail glasses. Place orange juice, pineapple juice, and prosecco in Pitcher and blend on 1 until smooth. Pour equally over ice in the 4 glasses. Do not stir or mix. Drizzle 1 tablespoon grenadine over the top of each cocktail and garnish with a cherry.

PEANUT BUTTER CHOCOLATE SMOOTHIE

- ¼ cup low-fat milk**
- 2 tablespoons creamy peanut butter**
- ¾ cup low-fat vanilla frozen yogurt**
- 1 ounce dark chocolate**

5 minutes • makes 1 serving



Place all ingredients in the Nutri Ninja® Cup. PULSE the Single Serve button until smooth. Remove blades from cup after blending.





COOL WATERMELON MARTINI

- ¾ cup watermelon, cut in chunks**
- 1 ounce lemon or lime vodka**
- 1 ounce triple sec**
- 1 tablespoon lime juice**
- ½ cup ice cubes**
- ½ teaspoon sugar, optional**
- 1 slice lime with peel, for garnish**

5 minutes • makes 1 serving

16
OZ

Place the watermelon in the Nutri Ninja® Cup and add the vodka, triple sec, lime juice, and ice cubes. Add the sugar, if using. PULSE and hold the Single Serve button until smooth. Remove blades from cup after blending.

TODDLER'S TIME OUT

- ½ small ripe banana**
- ½ cup banana-flavored yogurt**
- ½ cup apple juice**

2 minutes • makes 1 serving

16
OZ

Place all ingredients in the Nutri Ninja® Cup. PULSE the Single Serve button until smooth. Remove blades from cup after blending.





BLUEBERRY CAIPIROSKA

1 cup blueberries
8 ounces vodka
16 ice cubes
8 large mint leaves, for garnish

5 minutes • makes 4 servings

Place all ingredients in the Pitcher. Blend on 3 until smooth.



CRANBERRY COSMO FREEZE

½ cup fresh or frozen cranberries, washed
½ cup cranberry juice
2 ounces triple sec
4 ounces chilled vodka

10 minutes + freezing • makes 4 servings

In advance, place the cranberries and juice in the Pitcher and pulse until smooth. Spoon the mixture into ice cube trays and freeze until ice cubes are formed. Place the cranberry juice, ice cubes, and remaining ingredients into the Pitcher and pulse until smooth. Serve in chilled martini glasses.





COCONUT PINEAPPLE SORBET

- 1 small ripe pineapple, peeled, cored, roughly cut**
- 1 tablespoon lime juice**
- ½ cup light coconut milk**
- ½ cup superfine sugar**
- 1 teaspoon fresh chopped ginger**

5 minutes + freezing • makes 4 servings



Freeze cut pineapple overnight. Place frozen pineapple and other ingredients into Pitcher and blend on 3 until ingredients thicken.

FRUIT 'N' CREAM ICE CREAM

- 2 cups frozen fruit
(mixed berries, strawberries, peaches, etc.)**
- ½ cup heavy cream (or milk or low-fat milk)**
- 2 to 4 tablespoons sugar**
- 1 teaspoon vanilla extract**

5 minutes • makes 4 servings



Place all the ingredients in the Pitcher. Blend on 3 until mixture thickens.





WATERMELON GRANITA

6 cups watermelon chunks
1 tablespoon lime juice
½ cup sugar

10 minutes + freezing • makes 2 servings

72oz

Place the watermelon in chunks in the Pitcher. Blend on 1 for 1 minute. Strain the watermelon and pour liquid back into the Pitcher. Add lime juice and sugar and blend on 2 until ingredients are combined. Pour into a bowl or ice cube trays, and freeze 3 to 4 hours until almost solid.



BASIL PESTO

½ cup toasted pine nuts
2 large cloves garlic, peeled
4 cups tightly packed fresh basil leaves
½ cup freshly grated Parmesan cheese
½ teaspoon salt
½ teaspoon pepper
½ to ¾ cup extra virgin olive oil

15 minutes • makes 4 to 6 servings

72oz

Place all ingredients in the Pitcher, except the olive oil, and blend until smooth. Add the olive oil and continue to blend until all ingredients are combined and smooth.



ARTICHOKE DIP

- 1 cup mayonnaise
- 4-ounce can marinated artichokes
(reserve 2 tablespoons liquid)
- ½ pound low-fat mozzarella cheese, cut in large pieces
- ½ cup Parmesan cheese, cut in pieces or grated
- 2 green onions, sliced
- 1 round sourdough bread, cut in 2-inch pieces

30 minutes • makes 2 to 4 servings



Preheat oven to 350°F. Place the mayonnaise, artichokes with 2 tablespoons of artichoke liquid, mozzarella, and Parmesan in the Pitcher. Blend on 2 for 20 seconds or until uniformly smooth. Spoon the dip into a heat-proof serving dish and bake 20 minutes.

DO NOT BLEND HOT INGREDIENTS.

ROASTED TOMATO BRUSCHETTA

- 4 medium tomatoes, cored, cut in quarters
- 2 tablespoons extra virgin olive oil
- Salt and pepper, to taste
- 1 clove garlic, peeled
- ½ cup black olives, pits removed
- 1 teaspoon fresh basil
- Toasted French bread rounds

1 hour • makes 6 to 12 servings



Place tomatoes on a baking sheet and toss with oil and salt and pepper. Bake at 350°F for 30 to 40 minutes or until tender. Remove and cool to room temperature. Place cooled tomatoes, garlic, olives, and basil in the Pitcher. PULSE 4 or 5 times until the vegetables are roughly chopped. Spoon over French bread rounds and serve.

DO NOT BLEND HOT INGREDIENTS.





SPICY MANGO SALSA

- 1 ripe mango, peeled, or frozen mango chunks, thawed
- ¼ red onion
- ½ ripe tomato, cut in quarters
- 1 jalapeño pepper, cut in half, seeds removed
- ¼ green bell pepper
- ¼ cup fresh cilantro leaves
- Juice of 1 lime

10 minutes • makes 4 servings

16
oz

Place all ingredients in the Nutri Ninja® Cup and PULSE the Single Serve button 3 or 4 times for roughly chopped salsa. Remove blades from cup after blending.

CRUNCHY THAI PEANUT SPREAD

- 2 cups roasted peanuts
- 3 tablespoons canola oil
- 3 or 4 tablespoons soy sauce

5 minutes • makes 4 to 6 servings

72oz

Place peanuts in the Pitcher and pulse on 1 until chunky. Add the canola oil and soy sauce and continue pulsing for 30 seconds until smooth.





KEY LIME PIE

- 2 eggs
- 14-ounce can sweetened condensed milk
- 4 key limes, juiced (½ cup lime juice)
- 1 8-inch prepared graham cracker crust
- 1 cup whipped cream

20 minutes + chilling • makes 6 to 8 servings



Preheat oven to 350°F. Add eggs to the Pitcher and whip on 3 until frothy. Add milk and lime juice and blend on 2 until combined. Pour batter into crust and bake 10 minutes. Chill 2 hours, then top with whipped cream before serving.

TOMATO BASIL CREAM SAUCE

- 1 ripe Roma tomato, cut in quarters, seeds removed
- 2 tablespoon tomato paste
- ⅓ cup heavy cream
- 6 basil leaves
- ¼ teaspoon dried Italian seasoning

20 minutes • makes 2 to 4 servings



Place all ingredients in the Nutri Ninja® Cup and PULSE the Single Serve button until smooth. Remove blades from cup after blending. Heat sauce over medium heat in a small saucepan or heat briefly in the microwave. Serve over pasta.

DO NOT BLEND HOT INGREDIENTS.





SPICED APPLE PIE

- ½ ripe apple, cored, cut in chunks
- ¾ cup water
- 1 small Bosc pear, cored, peeled, cut in chunks
- Dash ground cinnamon
- Dash ground cloves
- 2 cinnamon sticks, for garnish

10 minutes • makes 1 serving

16
OZ

Place all ingredients, except cinnamon sticks, in the Nutri Ninja® Cup. PULSE and hold the Single Serve button until smooth. Remove blades from cup after blending. Serve as is or heat gently just until warm before serving. Garnish with cinnamon sticks.

SPICY TOMATO JOLT

- 2 small plum tomatoes, cored, cut in half
- 1 teaspoon balsamic vinegar
- ½ cup water
- ½ small cucumber, peeled, cut in chunks
- 2 or 3 ice cubes
- 1 teaspoon creamy horseradish
- Ground black pepper, optional

10 minutes • makes 1 serving

16
OZ

Place all the ingredients, except horseradish and black pepper, in the Nutri Ninja® Cup. PULSE and hold the Single Serve button until smooth. Remove blades from cup after blending. Add horseradish and top with black pepper.





PINEAPPLE BANANA SWIRL

2 cups pineapple chunks
1 ripe banana
2 cups pineapple juice

5 minutes • makes 2 servings



72oz

Place all ingredients in the Pitcher. Blend on 3 until smooth.

Tip: Add ice cubes before blending for a smoother texture and to serve cold.



MELON COOLER

1½ cups cantaloupe chunks
1½ cups honeydew chunks
¾ cup pineapple chunks
½ cup spinach
5 ice cubes

5 minutes • makes 2 servings



72oz

Place all ingredients in the Pitcher. Blend on 3 until smooth.



PINEAPPLE GINGER MINT

2½ cups pineapple chunks
2 thin slices fresh ginger
5 or 6 mint leaves
5 or 6 ice cubes

5 minutes • makes 2 servings



Place all ingredients in the Pitcher. Blend on 3 until smooth.

EMERALD GREEN ELIXIR

½ cup white grape juice
½ small ripe banana
½ cup baby spinach leaves
1 kiwi, peeled
2 teaspoons honey
5 or 6 ice cubes

5 minutes • makes 1 serving



Place all ingredients in the Nutri Ninja® Cup. PULSE the Single Serving button until smooth. Remove blades from cup after blending.



LEAN & GREEN

1 cup baby spinach
1 ripe banana
2 kiwis, peeled
1½ cups pineapple chunks
5 ice cubes

5 minutes • makes 2 servings



Place all ingredients in the Pitcher. Blend on 3 until smooth.



CANTALOUPE BREEZE

1½ cups cantaloupe
¾ cup watermelon chunks
2 or 3 mint leaves
5 ice cubes

5 minutes • makes 2 servings



Place all ingredients in the Pitcher. Blend on 3 until smooth.

NINJA®



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ninjakitchen.com

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