

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 + 1000 watts of pure power.

**FROZEN**  
**BLENDING**

**FOOD**  
**PROCESSING**

**COMPLETE**  
**BLENDING**



**CAUTION:** Remove the Nutri Ninja 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 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:



\* 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:



\* 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:



\* 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 Caipiroska
- 10 Cranberry Cosmo Freeze
- 11 Coconut Pineapple Sorbet
- 12 Fruit 'N' Cream Frozen Treat
- 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 fresh 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 fresh lime juice**  
**8 ounces dry gin**  
**Ice cubes, for serving**

5 minutes • makes 2 servings



Place the melon, juice and gin in the 72 oz. Pitcher. Blend on 2 until smooth. Strain before serving over ice, if desired.

## CLASSIC MARGARITA

**1 cup fresh lime juice**  
**4 tablespoons fresh orange juice**  
**4 tablespoons fresh 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 72 oz. 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 fresh sweet cherries**

10 minutes • makes 4 servings



Place the ice cubes in the 72 oz. 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. Do not stir or mix. Drizzle 1 tablespoon of grenadine over the top of each cocktail and top 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. Serve right away.





## COOL WATERMELON MARTINI

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

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. Serve right away. Remove blades from cup after blending.







## BLUEBERRY CAIPIROSKA

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

5 minutes • makes 4 servings

Place all ingredients in 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 • 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 the remaining ingredients into the Pitcher and pulse until smooth. Serve right away in chilled martini glasses.





## COCONUT PINEAPPLE SORBET

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

5 minutes + freezing • makes 4 servings

72oz

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

## FRUIT 'N' CREAM FROZEN TREAT

- 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

72oz

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



Place the watermelon in chunks in the Pitcher. Blend on 1 for 1 minute. Strain the watermelon and pour 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



Place all ingredients in the Pitcher, except the olive oil, and blend until smooth. Add the olive oil and continue to blend till 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 for 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 ground black pepper
- 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 to 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, quartered**
- 1 jalapeño pepper, halved and seeded**
- ¼ green pepper**
- ¼ cup cilantro**
- 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 to 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 the eggs to the Pitcher and whip on 3 until frothy. Add milk and lime juice and blend on 2 until combined. Pour batter into the crust and bake 10 minutes. Chill 2 hours, then top with whipped cream before serving.

## TOMATO BASIL CREAM SAUCE

- 1 ripe Roma tomato, seeded and quartered**
- 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 the sauce over medium heat in a small saucepan or heat briefly in the microwave. Serve over pasta.





## 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 of the ingredients (except the black pepper) in the Nutri Ninja® Cup. PULSE and hold the Single Serve button until smooth. Remove blades from cup after blending. Add horseradish to taste and top with black pepper. Serve at once.

DO NOT BLEND HOT INGREDIENTS.

## 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
- 1 teaspoon creamy horseradish
- Ground black pepper, optional
- 2 or 3 ice cubes

10 minutes • makes 1 serving

16  
OZ

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





## PINEAPPLE BANANA SWIRL

**2 cups fresh pineapple chunks**  
**1 ripe banana**  
**2 cups pineapple juice**

5 minutes • makes 2 servings



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



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®



**customer service 1-877-646-5288**

**ninjakitchen.com**

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