

NINJA®

Getting Started
Assembly, Tips & Recipes



BL773CO

NINJA® MEGA KITCHEN SYSTEM®

CONGRATULATIONS

YOU'VE JUST PURCHASED THE

Ninja® Mega Kitchen System®

This complete system gives you the power and convenience to live a healthy lifestyle by combining Ninja® blade technology with an extra large 72oz pitcher, 64oz processing bowl, Nutri Ninja® cups and easy to use attachments for all your kitchen needs.

NUTRIENT/COMPLETE

BLENDING

FROZEN

BLENDING

FOOD

PROCESSING

DOUGH

MIXING



GETTING TO KNOW YOUR NINJA®



Nutri Ninja®
Cup (x3)



To-Go Lid
(x3)



Nutri Ninja®
Blade Assembly



Food Processor Bowl



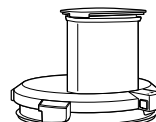
Dough
Blade



Chopping
Blade



Spindle for
Discs



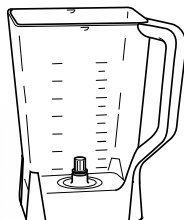
Feed Chute
Lid with Two
Part Pusher



Grating
Disc



Reversible Slicing/
Shredding Disc



72 oz. Pitcher



Pitcher Lid



Stacked Blade
Assembly (Pitcher)



Motor Base

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APPLE & PINEAPPLE JUICE BLEND

4 apples, peeled and cored
½ cup fresh pineapple cut in chunks
½ tsp ground cinnamon
4 cups apple juice

10 minutes • makes 2 servings

72oz

Place apples and pineapple in a microwave safe bowl, add 2 tbsp. of water. Cover and cook on High for 6 minutes or until very tender. Spoon the mixture into the Pitcher and add the cinnamon and ice cubes. Blend on 2 until smooth. For a smoother blend, add apple juice to reduce the pulp.

PINEAPPLE BANANA SWIRL

2 cups fresh pineapple
1 banana peeled
2 cups pineapple juice
5 ice cubes

5 minutes • makes 2 servings



Place all ingredients in the pitcher,
blend on 3 until smooth.

healthy tip
Pineapple contains powerful digestive enzymes



MELON COOLER

1 ½ cups cantaloupe
1 ½ cups honeydew
¾ cup pineapple
½ cup spinach
5 ice cubes

healthy tip

Melons are a high water volume food that has been shown to help with weight loss

5 minutes • makes 2 servings



Place all ingredients in the pitcher, blend on 3 until smooth.

PINEAPPLE GINGER MINT

2 ½ cups pineapple
2 thin slices fresh ginger
5-6 mint leaves
5-6 ice cubes

10 minutes • makes 2 servings

72oz

Place all ingredients in the pitcher,
blend on 3 until smooth.

healthy tip
Pineapple,
ginger & mint
are powerful
digestive agents





EMERALD GREEN ELIXIR

½ cup white grape juice
½ small banana
½ cup baby spinach leaves
1 kiwis, peeled
½ tbsp honey
5-6 ice cubes

healthy tip

Kiwis have
twice the
vitamin C of
oranges

10 minutes • makes 1 servings

72oz

Place all ingredients in the Nutri
Ninja® cup. Pulse the Nutri Ninja®
button until smooth.

LEAN & GREEN

- 1 cup baby spinach
- 1 banana, peeled
- 2 whole 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

healthy tip

Watermelon is
92% water.
Water based
foods have been
shown to help
you eat less

1 ½ cups cantaloupe
¾ cup watermelon seedless
2-3 mint leaves
5 ice cubes

2 minutes • makes 1 servings

16
OZ

Place all ingredients in the Nutri
Ninja® cup. Pulse the Nutri Ninja®
button until smooth.

RASPBERRY & MINT LEMONADE

8 oz club soda
½ cup lemonade
½ cup fresh raspberries
2 tbsp powdered sugar
4 mint leaves
Ice cubes

5 minutes • makes 4 servings

72oz

Place all ingredients in pitcher except the ice cubes, blend on 2 until smooth. Fill 4 cocktail glasses with ice, pour and serve.

healthy tip
Raspberries
have 8 grams of
fiber in 1 cup

healthy tip

Bananas
are high in
potassium
and fiber

BERRY BANANA TWIST


1 cup fresh/frozen strawberries
1 cup fresh/frozen blackberries
1 banana peeled
½ cup vanilla yogurt
1 cup orange juice
5-6 ice cubes

5 minutes • makes 2 servings

72oz

Place all ingredients in pitcher,
pulse ingredients 4-5 times then
blend until smooth on 3.

BLACKBERRY BURST



1 cup frozen blackberries
1 cup frozen blueberries
½ cup strawberries
½ cup yogurt
1 cup orange juice

healthy tip

Blackberries have high antioxidant power. They are a good source of vitamin A, potassium and calcium

5 minutes • makes 2 servings

72oz

Place all ingredients in the pitcher, blend on 3 until smooth.

CRANBERRY COSMO FREEZE

½ cup fresh/frozen cranberries, washed

½ cup cranberry juice

2 oz triple sec

4 oz vodka, chilled

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.



POMEGRANATE SMOOTHIE

1 cup yogurt
1 cup pomegranate juice
1 cup frozen blueberries
2 tbsp honey
5-6 ice cubes

healthy tip

Pomegranate juice contains high antioxidant capacity compared to other juices

5 minutes • makes 2 servings

72oz

Place all ingredients in pitcher, pulse ingredients 4-5 times then blend on 2 until smooth.

JAMAICAN SCREWDRIIVER

6 oz of vodka
4 oz light rum
2 cup orange juice
1 cup pineapple juice
4 cups crushed ice cubes
4 orange slices for garnish

10 minutes • makes 2 servings

72oz

Place all ingredients except orange slices, into the pitcher and blend on 3 until smooth and frothy. Pour into chilled glasses and garnish with orange slices.



healthy tip

1 cup of
grapefruit has
120% of daily
vitamin C needs

CUCUMBER BLAST

2 grapefruits, peeled and quartered
2 oranges, peeled and quartered
½ cucumber, peeled
4-6 ice cubes

10 minutes • makes 2 servings

72oz

Place all ingredients in pitcher,
pulse ingredients 4-5 times then
blend on 3 until smooth.

A tall, curved glass filled with a vibrant red, frothy beverage. The drink has a thick layer of white foam at the top, speckled with small dark particles. A fresh green mint leaf is perched on the rim of the glass. The glass sits on a colorful, patterned surface with red, orange, and blue designs.

BLUEBERRY CAIPIROSKA

1 cup fresh blueberries
8 oz vodka
16 ice cubes
8 large mint leaves for garnish

5 minutes • makes 4 servings

72oz

Place all ingredients in pitcher,
blend on 3 until smooth

healthy tip

Blueberries
may help sharpen
your memory
functions



BLUEBERRY BLAST

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

5 minutes • makes 1 servings

16
OZ

Place all ingredients in the Nutri Ninja® cup, pulse the Nutri Ninja® button until smooth.

healthy tip

Artichokes
are known to
be a liver
cleansing food

ARTICHOKE DIP

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

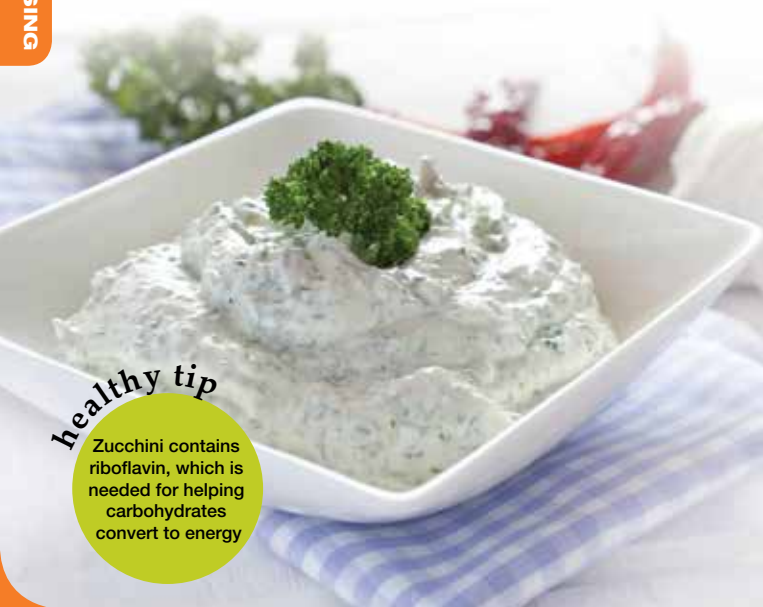


30 minutes • makes 2 servings

64oz

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

FRESH ZUCCHINI SPEARS WITH CREAMY DILL DIP



healthy tip

Zucchini contains riboflavin, which is needed for helping carbohydrates convert to energy

- 1 ½ cup low fat sour cream
- 1 tbsp fresh dill
- 1 tsp salt
- ¼ tsp pepper
- 1 tbsp milk
- 3 medium zucchini, quartered horizontally

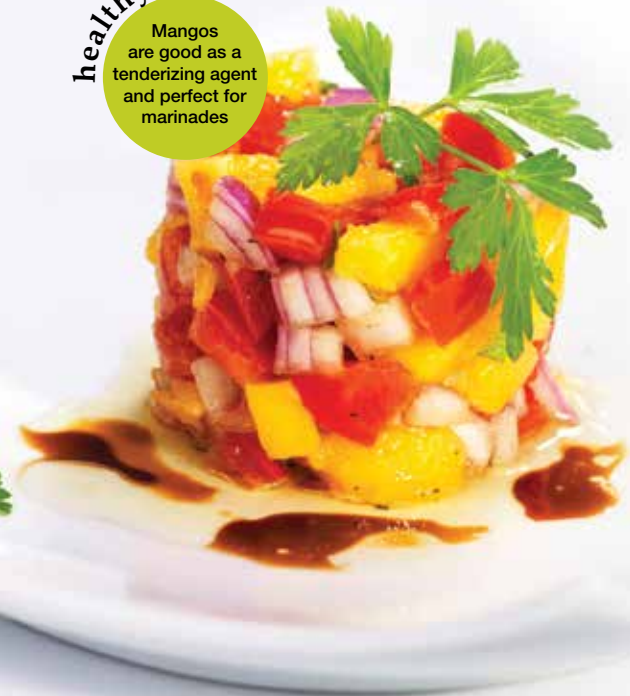
10 minutes • makes 2 servings

64oz

Place all ingredients, except zucchini, in the bowl, pulse 3-4 times. Add teaspoons of milk as needed to reach your desired consistency. Remove the dip and place in a small serving bowl. Offer zucchini spears with the fresh dill dip.

healthy tip

Mangos
are good as a
tenderizing agent
and perfect for
marinades



SPICY MANGO SALSA

- 1 ripe mango, peeled
(frozen chunk mango thawed)
- ¼ red onion, peeled
- ½ ripe tomato, quartered
- 1 jalapeño pepper, halved and seeded
- ¼ green pepper
- ¼ cup cilantro
- 1 lime, juiced

10 minutes • makes 4 servings

16
OZ

Place all ingredients in the Nutri Ninja® cup, pulse the Nutri Ninja® button 3-4 times for roughly chopped salsa.

WATERMELON GRANITA

6 cups watermelon
(peeled and seeded roughly cut)
1 tbsp lime juice
½ cup sugar

10 minutes • makes 2 servings

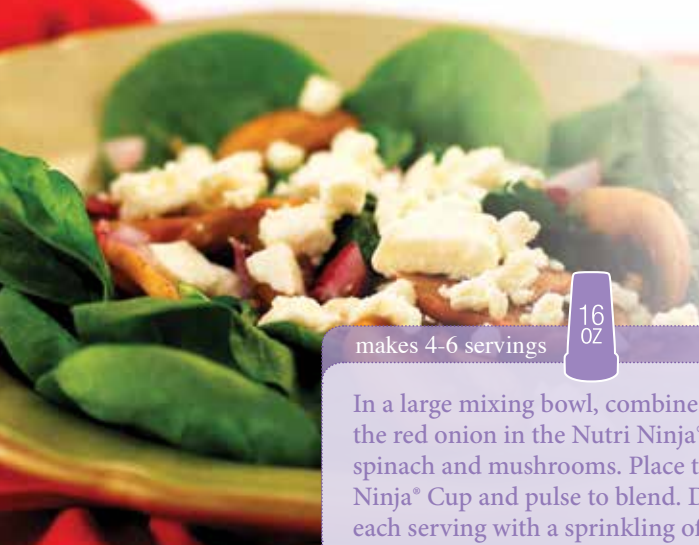


Place the watermelon in chunks in the pitcher, blend on 1 for 1 minute. Strain the watermelon and pour back into the pitcher. Add lime juice and sugar and blend on 2 until ingredients are combined. Pour into a bowl or ice cube trays, freeze 3-4 hours until almost solid.

healthy tip

Watermelon
is a great source
of vitamin A and
carotenoids

SPINACH SALAD WITH CHAMPAGNE HONEY VINAIGRETTE



- 6 cups baby spinach leaves
- 8 cremini mushrooms, sliced and sautéed
- ¼ small red onion, peeled, roughly cut
- 2 tbsp champagne vinegar
- 2 tbsp extra virgin olive oil
- 2 tbsp raw, unfiltered honey
- 1 tsp salt
- ½ tsp ground black pepper
- 4 tbsp crumbled feta cheese, for garnish

makes 4-6 servings

16
OZ

In a large mixing bowl, combine the spinach leaves and mushrooms. Set aside. Place the red onion in the Nutri Ninja® Cup and pulse until chopped. Add the onion to the spinach and mushrooms. Place the vinegar, oil, honey, salt and pepper in the Nutri Ninja® Cup and pulse to blend. Drizzle the vinaigrette over the salad to taste. Garnish each serving with a sprinkling of feta cheese. Serves 4 to 6.

CANTONESE CHICKEN


- 2 carrots, peeled and cut into 4 inch lengths
- 1 medium onion, cut into four pieces
- 6 button mushrooms, stemmed
- 8 ounces sugar snap peas, strings removed
- 2 tbsp soy sauce
- 1 tbsp rice wine vinegar
- 1 tbsp minced fresh ginger
- 1 tbsp honey
- ¼ tsp crushed red pepper
- 4 boneless chicken breasts, 4 to 5 ounces each, sliced lengthwise into strips
- 1 tbsp vegetable oil
- ½ cup chicken broth

30 minutes • makes 4 servings



Place the slicer disc onto the spindle in the bowl and attach the lid. Select speed 1. Use the food pusher to push carrots down through the feed chute. Remove carrots from bowl and set aside. Reassemble and use the food pusher to push the onion and mushrooms through the feed chute. Remove and set aside. Stir soy sauce, vinegar, ginger, honey and crushed red pepper in a deep mixing bowl. Add chicken and toss to coat. In a nonstick sauté pan, heat oil over medium heat. Add sliced carrots, onions and mushrooms, and cook uncovered until soft, about 5 to 7 minutes, stirring occasionally. Add the chicken, chicken broth and soy sauce mixture to pan, cover and cook for 5 minutes. Add sugar snap peas, and cook another 7 – 10 minutes until chicken is cooked through and vegetables are just tender. Serve with rice noodles.

HONEY ORANGE GLAZED CARROTS

- 
- 2 large oranges
 - 1½ pounds carrots, peeled and cut into 3 inch pieces
 - 2 tbsp butter
 - 1 tsp salt
 - 2 tbsp honey
 - 1 tsp fresh thyme leaves, minced,
or ¼ teaspoon dried thyme

25 minutes • makes 6 servings



Place the slicer disc onto the spindle in the bowl and attach the lid. Select speed 1. Using the food pusher, push several carrots through the feed chute. Remove carrots from bowl and set aside. Grate ½ teaspoon orange zest and squeeze ¾ cup juice from the oranges, and set aside. In a nonstick sauté pan, over medium high heat, add carrots, 1 tablespoon butter, and orange juice. Cover and cook 10 minutes or until carrots are tender-crisp, stirring occasionally. Uncover, and continue to cook until liquid is reduced to approximately 2 tbsp. Stir in remaining butter, honey, orange zest, and thyme. Cook uncovered, while stirring for an additional three minutes until carrots are uniformly coated.

WILD SALMON BURGER

16 oz. boneless, skinless salmon, frozen for 30 minutes, cut in chunks

1½ tsp Dijon mustard

1 tbsp lemon juice

1 egg, beaten

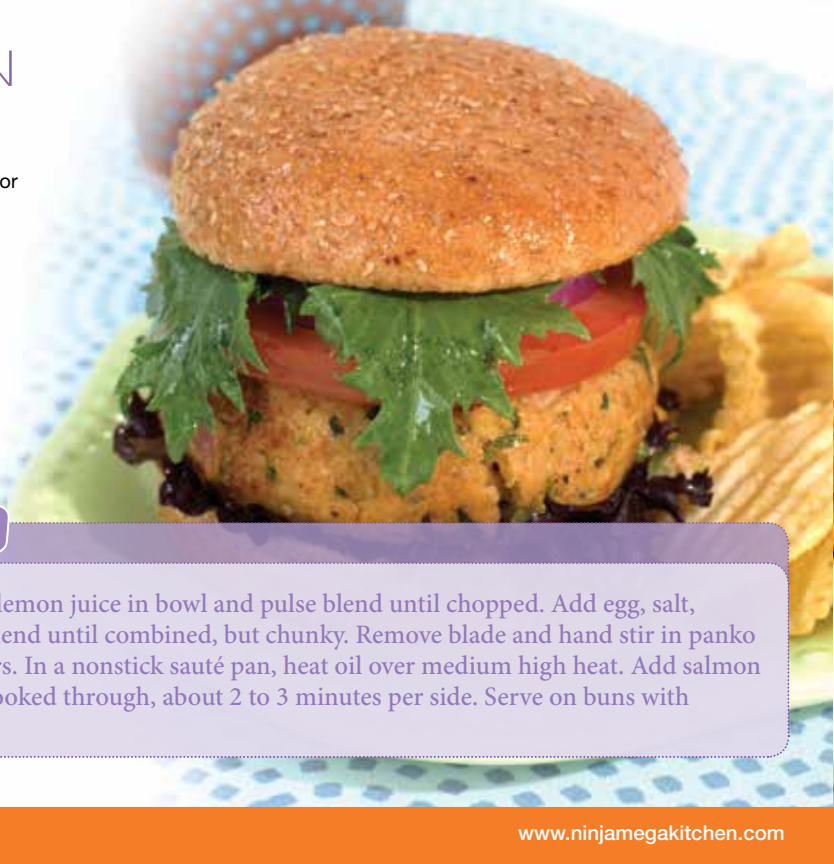
½ tsp salt

½ tsp black pepper

2 green onions, cut in half

¼ cup panko bread crumbs

2 tsp olive oil



10 minutes • makes 4 servings



Place 1/4 of the salmon, mustard, & lemon juice in bowl and pulse blend until chopped. Add egg, salt, pepper salmon & green onion and blend until combined, but chunky. Remove blade and hand stir in panko crumbs. Shape mixture into 4 burgers. In a nonstick sauté pan, heat oil over medium high heat. Add salmon and cook until golden outside and cooked through, about 2 to 3 minutes per side. Serve on buns with lettuce, tomato and red onion.

healthy tip

Tomatoes are an excellent source of vitamin C. Vine-ripened tomatoes have double the vitamin C than hothouse varieties

ROASTED TOMATO BRUSCHETTA



4 medium tomatoes, cored quartered
2 tbsp extra virgin olive oil
Salt & pepper
1 clove garlic
½ cup black olives, pitted
1 tsp fresh basil
Toasted french bread rounds

1 hour • makes 4-6 servings



Place tomatoes on a baking sheet and toss with oil and salt & pepper. Bake at 350°F for 30-40 minutes or until tender. Remove and cool slightly. Place cooled tomatoes, garlic, olives and basil in the pitcher. Pulse for a few seconds until the vegetables are roughly chopped. Spoon over French bread rounds and serve.

CARROT CUPCAKES

4 medium carrots, peeled and cut into 3 inch lengths

½ cup vegetable oil

1 cup sugar

1 tsp vanilla extract

1¼ cup all-purpose flour

1 tsp baking soda

1 tsp baking powder

¼ tsp salt

1¼ tsp ground cinnamon


45 minutes • makes 6 servings



Preheat the oven to 350°F . Line 6 cup cupcake pan with paper liners. Place the shredder disc onto the spindle in the bowl and attach the lid. Select speed 1. Using the food pusher, push the carrots through the feed chute. Remove the shredded carrots and place into a large mixing bowl. Set aside. Using the dough attachment in the 64-ounce Food Processor bowl, add the remaining ingredients, in the order listed, starting with vegetable oil. On Speed 1, process 15 to 20 seconds until all ingredients are fully combined. Batter will be really thick. Add batter into the mixing bowl with the carrots. Fold in all the carrots with a spatula, until all ingredients are fully incorporated. Pour mixture into the cupcake molds. Bake for 20 to 25 minutes, or until a toothpick inserted into the center of the cupcakes comes out clean. Let cool in pan for 20 minutes, then turn out onto a wire rack and cool completely. Frost as desired.



EASY PIZZA DOUGH



1 package (¼ oz) dry active yeast
1 tsp salt
1 tbsp sugar
⅔ cup water warmed
¼ cup olive oil
2 cups flour

1 hour 10 minutes • makes 1 pizza crust

64oz

Using the dough blade, place the yeast, salt, sugar and water in the bowl and pulse on 1 for 10 seconds. Add the oil and flour 1 cup at a time, pulsing on 1 until the dough is smooth. Transfer the dough to a lightly oiled bowl and cover. Let rise for an hour.

BIG BLONDE BROWNIE BITES

1 cup all-purpose flour
½ tsp baking powder
¼ tsp baking soda
½ tsp salt
½ cup melted butter
1 cup brown sugar
1 egg, beaten
1 tsp vanilla extract
½ cup chocolate chips
½ cup butterscotch chips
½ cup toasted pecans



25 minutes • makes approx. 80 bites



Preheat oven to 350°F. Place the dough attachment in bowl and add the flour, baking powder, baking soda and salt, blend on 1 to combine. Add brown sugar, egg, butter and vanilla and blend again on 1 just until the mixture is combined. Add chips and pecans and pulse until dough cleans the sides of bowl. Spread dough evenly in a lightly oiled 9 x 9-inch pan and bake for 20 to 25 minutes. Cool slightly and cut into 1-inch squares.

WARM HILL PEACH COBBLER



3 cups fresh peaches, peeled and sliced
1 tsp vanilla extract
1½ cups dark brown sugar, divided
¾ cup all-purpose flour
2 tsp baking powder
½ tsp baking soda
¾ cup buttermilk
½ cup butter, melted

DOUGH

45 minutes • makes 6-8 servings



Preheat oven to 350°F. Toss peaches with vanilla and one-fourth cup brown sugar and set aside. Place the brown sugar, flour, baking powder, and baking soda in the bowl with dough blade and blend on 1 briefly to combine. Add the buttermilk and blend on 1 until smooth. Pour melted butter into a 9 x 9-inch baking dish. Pour batter over melted butter and top with sliced peaches. Bake for 45 minutes or fruit is bubbly and crust is golden. Cool slightly before serving.

MEDITERRANEAN FOCACCIA



1 Classic Pizza Dough (p. 27)

½ cup jarred in oil, sun-dried tomatoes,
chopped, divided

½ cup pitted kalamata olives, divided

½ cup kasseri cheese, shredded, divided

2 tsp fresh oregano leaves

½ tsp red chile flakes

¼ cup olive oil

2 hours • makes 4-6 servings

64oz

Combine 2 tablespoons each sun-dried tomatoes, olives, & kasseri cheese and set aside.

Lightly oil a baking sheet and sprinkle with corn meal. Turn dough out on to a lightly floured work surface and knead in remaining sun-dried tomatoes, olives, and cheese, and add the oregano and chile flakes. Use palms to stretch and press dough into an oblong, about ½-inch thick. Transfer to prepared baking sheet, cover and let rise for 30 minutes.

Preheat oven to 400°F. Dimple dough with fingertips. Drizzle dough with olive oil and top with tomato, olive and cheese mixture. Bake for 15 to 20 minutes, until golden brown. Serve hot.

BLUEBERRY MUFFINS

¾ cup whole milk
1 egg
½ cup vegetable shortening
2 tbsp sugar
¾ tsp salt
2 ½ tsp baking powder
2 cups flour
1 cup fresh blueberries

10 minutes • makes 2 servings



Using the dough blade, place the milk, egg, shortening and sugar in the bowl and blend on 1 until smooth. Add the salt, baking powder, and flour and blend on 1 until ingredients are combined. Do not over process. Remove the batter and fold in the blueberries. Prepare a 12 cup muffin tin with cooking spray and spoon the batter in evenly. Bake at 400°F for 25 minutes or until golden brown.

healthy tip

Substitute
1 tbsp of agave
nectar instead
of sugar

DOUGH

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customer service 1-877-646-5288

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