

NINJA®

Ultima™ Blender
INSPIRATION GUIDE

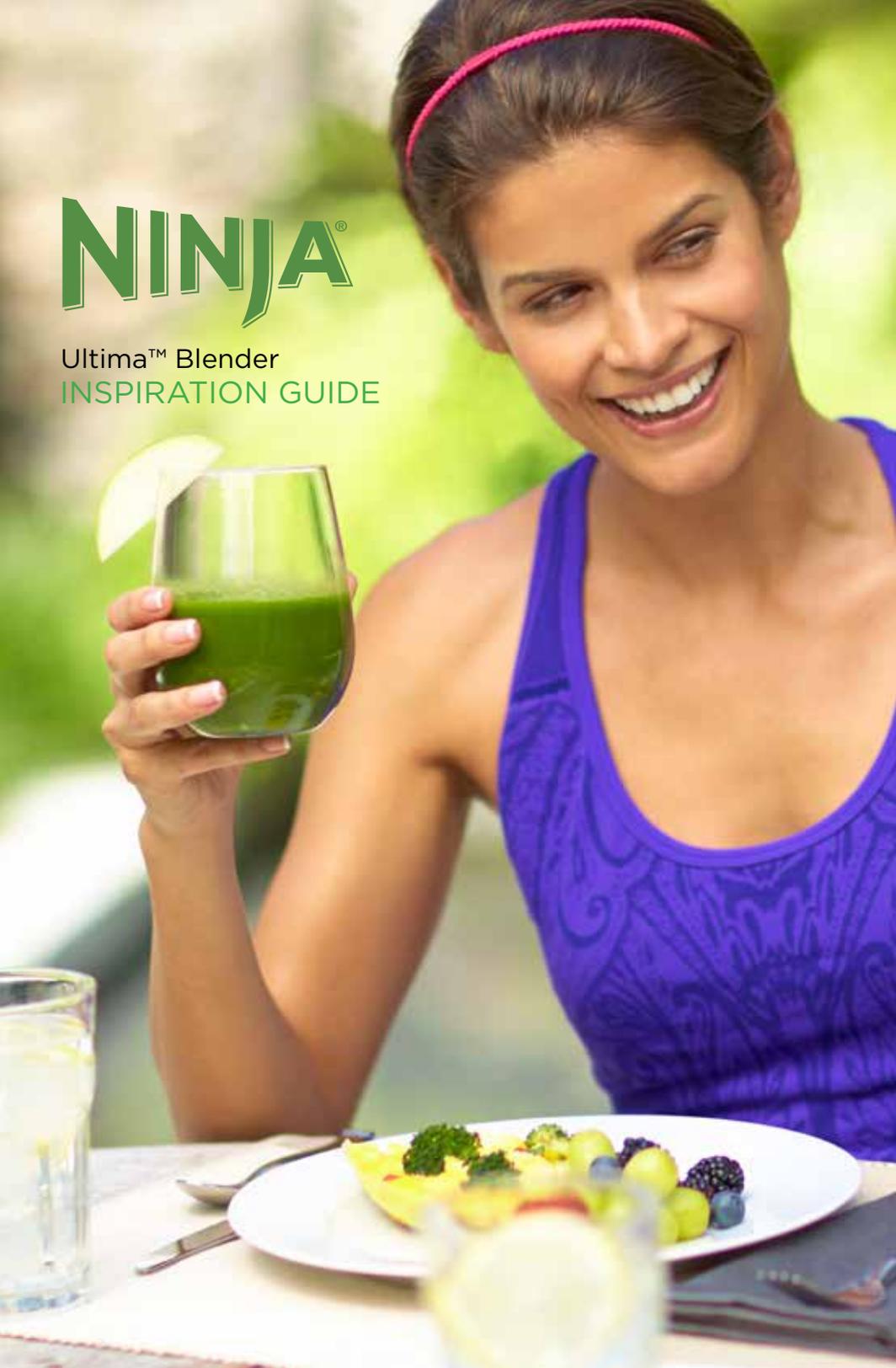


Table of Contents

Welcome	2
Assembly	3
Sides & Sauces	5
Frozen Blending	11
Nutrient Complete Juicing	17
Breakfast	21
Soups	25
Entrees	29
Desserts	33
FAQ	37

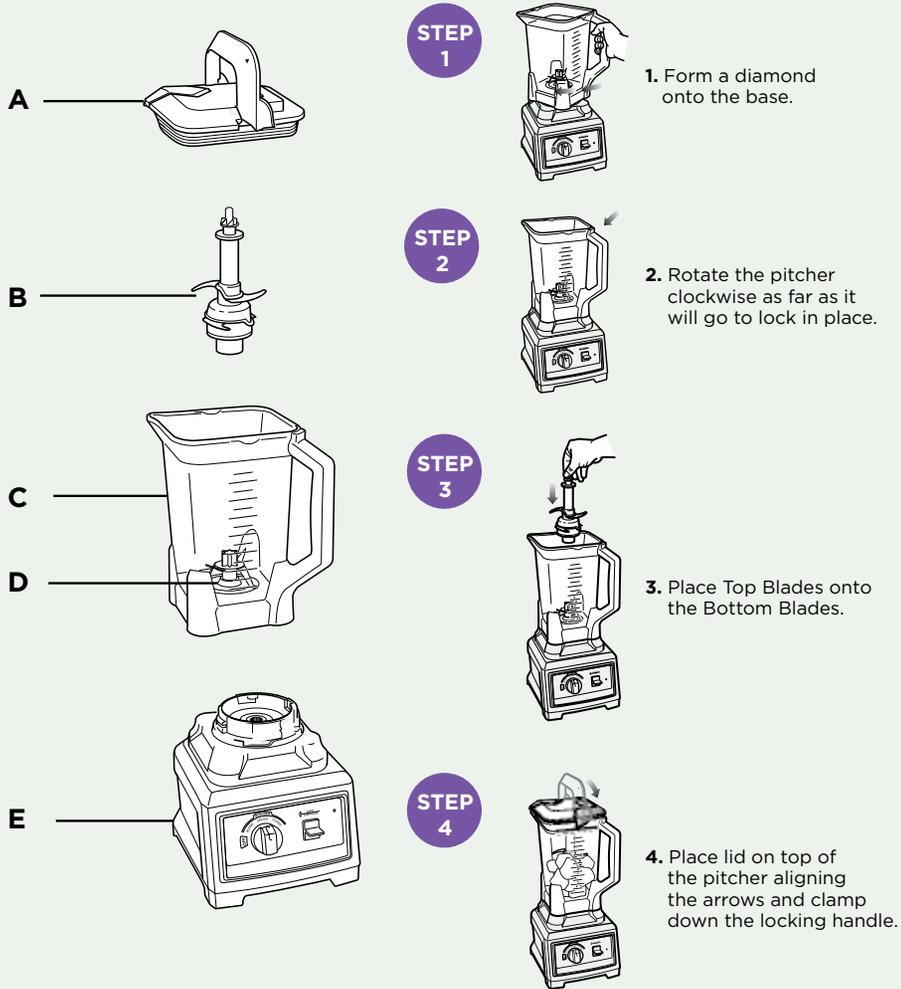


Congratulations

on purchasing the Ninja Ultima™ Blender. You have unlocked the door to creating endless possibilities.

This booklet will help you get started with some recipes & product tips. For more information, or to register your product, please visit: www.ninjakitchen.com.

Getting to know your Ninja®



- A. Pitcher Lid with Locking Handle
- B. Top Blades (Removable)
- C. 72 oz. Pitcher
- D. Bottom Blades (Fixed)
- E. Motor Base

Usage, Blades Selection & Speed Settings

FUNCTION	TYPE OF FOOD	SUGGESTED BLADE(S)	SPEED SETTING(S)
Juices/ Smoothies	•Fruits •Vegetables	Top and Bottom Blades	Pulse then High
Ice Crushing/ Frozen Blending	•Ice •Frozen Fruit •Ice Cream	Top and Bottom Blades	Pulse then High
Pureeing	•Smooth Soups •Milkshakes •Nut Milks	Top and Bottom Blades	High
Emulsifying	•Salad Dressings •Sauces	Bottom Blades Only	Low or Med
Chopping	•Salsa •Vegetables •Nuts	Top and Bottom Blades	Pulse
Mixing	•Batter •Dips	Bottom Blades Only	Low or Med
Grinding	•Meat	Top and Bottom Blades	Pulse
Nut Butters	•Sunflower Butter •Peanut Butter •Almond Butter	Top and Bottom Blades	High
Milling Flour	•Rice •Quinoa •Garbanzo Beans	Top and Bottom Blades	Med or High

Tips & Tricks

- For tough ingredients like ice, solid fruits and vegetables, attach the Top Blades for additional blending power.
- For softer ingredients and best puree results, make sure the Top Blades are removed and use only the Bottom Fixed Blades for blending. The blender will still run without the Top Blades inserted.



Please visit

www.ninjaultimablender.com
for easy recipes, helpful cooking tips
and must-have accessories!

Sides & Sauces

Create smooth spreads, purees, dips & sauces with the Ninja Ultima™ blender blade technology!



Edamame Sesame Hummus

SERVES 4-8

A new and modern twist on the traditional chickpea recipe. Serve with pita chips and crudité!

- 3 cups frozen shelled edamame, steamed until tender
- 2 cloves garlic, peeled and smashed
- ¼ cup lemon juice
- ¼ cup olive oil
- ½ teaspoon ground cumin
- Kosher salt and pepper
- ½ cup water, add more as needed
- Black sesame seeds, as garnish

1. Using the bottom blade in the Pitcher, add all ingredients, except sesame seeds.
2. Select LOW on the dial, and flip the switch to START.
3. Slowly increase to HIGH and process until smooth.
4. Add additional liquid if a thinner consistency is desired.
5. Garnish with black sesame seeds.

Find this recipe for homemade almond butter at: www.ninjaultimablender.com



Lemon Cucumber Sauce

SERVES 4

This creamy and fresh sauce is a perfect accompaniment to anything from grilled fish to chicken.

- 1 cup non-fat Greek yogurt
- ½ cucumber, peeled, seeded and quartered
- 1 teaspoon lemon zest
- 2 tablespoons lemon juice
- 1 clove garlic
- 1 teaspoon fresh dill
- Kosher salt and pepper to taste

1. Place all ingredients into the 72 ounce pitcher fitted with the bottom blades only. Secure the lid.
2. Select LOW on the dial, and flip the switch to START.
3. Slowly increase to HIGH and process until smooth.
4. If a thinner sauce is desired add a little water, one teaspoon at a time.



Tip

For a chunky salsa consistency, use 3-4 pulses!

Best Blender Salsa

MAKES 4 cups

You can depend on the flavor of this salsa every time! Create this delicious treat in just seconds.

- 2-10 ounce cans whole, peeled tomatoes
- 1 white onion, peeled and quartered
- 1 jalapenos, seeded
- 1 chipotle chile, with 2 tablespoons sauce
- 1 bunch cilantro, stems trimmed
- 1 lime, peeled and quartered
- Kosher salt and pepper to taste

1. Place all ingredients into the 72 ounce pitcher fitted with the bottom blades only. Secure the lid.
2. PULSE ingredients until desired consistency is reached.
3. Cover and refrigerate for at least 1 hour.

Roasted Tomatillo Salsa

MAKES 2 cups

A light and fresh salsa perfect for brightening up tacos or grilled meats.

- 1 pound tomatillos, husks removed and rinsed
- 2 to 4 jalapeno chilies, seeds removed and cut into quarters
- ¼ small white onion
- ¼ cup coarsely chopped cilantro
- Kosher salt to taste
- ¼ cup water

1. Preheat the broiler. Place tomatillos stem-side down on a foil-lined baking sheet in the upper rack of the oven. Broil for two to five minutes, until charred on one side. Flip and broil on the other side for two to five minutes. Remove the tomatillos from the oven and transfer with any of their juices to a bowl to cool completely.
2. Place the stacked blade in the pitcher and add the tomatillos and remaining ingredients. PULSE until you reach a coarse purée. Taste for salt and add more water to thin out the salsa if desired. Allow flavors to develop for at least 30 minutes before serving.



Chocolate Nut Spread

MAKES 1½ cups

Smooth and rich, this spread is delicious spooned on a banana or squeezed between two crackers.

- ½ cup raw almonds
- ½ cup walnuts
- ½ cup cashews
- ¼ cup sunflower seeds
- ¼ cup almond butter
- ½ cup semi-sweet chocolate chips
- ½ teaspoon salt

1. Place the stacked blade in the pitcher and add all ingredients in the order listed. Process on HIGH for 20 seconds.
2. Scrape down the sides of the pitcher and process on high until the mixture is very smooth, approximately 1 minute. Spread may be warm.





Frozen Blending

Create delicious and creamy frozen drinks in a matter of seconds! With the Ninja® Total Crushing™ Technology you can crush ice into snow, frozen fruits & vegetables into fresh drinks, and make resort quality frozen cocktails.



Top O' The Mornin' Smoothie

SERVES 1

Start your day with a simple and fresh delight!

- 1 banana, peeled
- 1 orange, peeled
- 1 scoop whey protein powder
- 1 cup cold, unsweetened vanilla almond milk
- 1/2 teaspoon ground cinnamon
- 6 ice cubes

1. Place the top blades in the Pitcher and add all ingredients.
2. PULSE 5 times.
3. Select LOW on the dial, and slowly increase to HIGH and process until smooth.



Tip

To make espresso powder, simply grind coffee beans in a coffee or spice grinder to a powdered consistency.

Autumn Latte Frappe

SERVES 3-4

Combine fall flavors like maple and pumpkin into a delicious treat!

- 2 cups vanilla non-fat frozen yogurt
- 2 tablespoons espresso powder
- ¼ cup pumpkin puree
- 3 tablespoons maple syrup
- 1 ½ cup ice cubes

1. Place the top blades in the Pitcher and add all ingredients.
2. PULSE 5 times.
3. Select LOW on the dial and slowly increase to HIGH until smooth.



Figgy Maple Smoothie

SERVES 2

Almond granola and dried figs add texture to this luscious smoothie. The tart Greek yogurt is cut by the rich sweetness of maple syrup.

- 2 cups fat-free Greek yogurt
- 1 cup almond granola
- ½ cup dried figs
- 1 cup unsweetened vanilla almond milk
- ¼ cup maple syrup
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- 6 ice cubes

1. Place all ingredients into the 72 ounce pitcher fitted with the bottom blades only. Secure the lid.
2. Select LOW on the dial, and flip the switch to START.

Banana Chai Soy Smoothie

SERVES 2-4

Chai, a sweet blend of tea and spices, is available in the health food section of most grocery stores. Here it finds balance with creamy banana and soy.

- 2 ripe bananas
- 2 cups chai tea
- ½ cup soy milk
- 3 cups ice cubes

1. Place stacked blade in the Pitcher and add all ingredients.
2. PULSE 5 times.
3. Select HIGH and process until smooth.



Island Smoothie

SERVES 4

Coconut water and bright, tropical fruits will make you wish you were sitting by the pool!

- 16 oz. coconut water
- 1 cup pineapple
- 1 cup frozen mango
- 1 cup frozen strawberries
- 1 banana
- 2 teaspoons flax seed

1. Place stacked blade in the Pitcher and add all ingredients.
2. PULSE 5 times.
3. Select HIGH and process until smooth.



Nutrient Complete Juicing™

Blending your favorite produce into nutrient rich juices is a great way to get essential vitamins & minerals into your diet!



Tip

If less pulp is desired, pour juice through a filtration bag or a fine mesh strainer.

Spinach, Apple, Ginger, Lemon Juice

SERVES 1-2

The health benefits of spinach, lemon and ginger are phenomenal! Apple and agave add sweetness, creating a winning combination.

2 apples, peeled, cored and quartered
1 handful spinach
1 lemon, peeled and quartered
1" ginger, peeled and quartered
½ cup water
2-3 tablespoons agave nectar
½ cup ice cubes

1. Place the top blades in the Pitcher and add all ingredients.
2. PULSE 5 times.
3. Select LOW and slowly increase to HIGH until smooth.

Ginger Pear Wakeup

SERVES 2

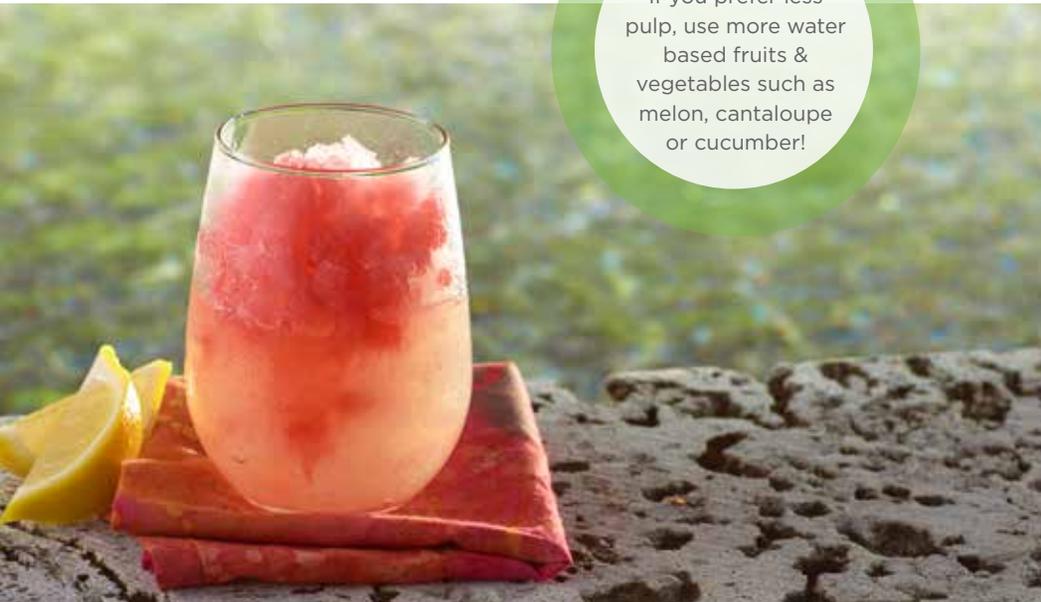
The bite of the ginger contrasted with the sweetness of the pear and melon make this a great morning recipe to wake up your taste buds.

- 3 pears, cored
- ¼ cantaloupe, peeled
- 1 lemon, peeled
- 1 tablespoon fresh ginger, peeled
- 2 cups ice cubes

1. Place all ingredients in the 72 ounce pitcher fitted with the top blades. Secure the lid.
2. PULSE ingredients 5 times.
3. Select HIGH on the dial, and flip the switch to START. Process for 45 seconds or until smooth.

Tip

If you prefer less pulp, use more water based fruits & vegetables such as melon, cantaloupe or cucumber!



Pale Green Jewel Up

SERVES 3-4

This drink will surprise you with the sweet and minty flavor that completely overrides the tartness of the grapefruit.

- 1 cup green cabbage, chopped
- 2 grapefruit, peeled
- 2 apples, cored
- ½ small bunch mint
- 1 cup water
- 6 ice cubes

1. Place all ingredients into the 72 ounce pitcher fitted with the top blades. Secure the lid.
2. Select HIGH on the dial, and flip the switch to START. Process for 45 seconds or until smooth.

Tip

Pulse 3-4 times to help break up ingredients then blend until smooth for the perfect drink!



Breakfast

The versatility of the Ninja Ultima™ blender can help you create delicious meals any time of day. Healthy meal making can now be easy and fun.



Fresh Veggie Fittata

SERVES 6-8

The perfect quick and easy brunch go-to recipe.

- | | |
|--|--------------------------------|
| 1 tablespoons olive oil | 6 eggs |
| 1 stalk broccoli, trimmed and cut into florets | ¾ cup parmesan cheese, divided |
| ½ red bell pepper, cored and seeded | ½ teaspoon dried basil |
| ¼ onion, peeled and halved | Kosher salt and pepper |
| 1 clove garlic, peeled and smashed | |

1. Place broccoli, red pepper, onion and garlic into the 72 ounce pitcher fitted with the top blades. Secure the lid and PULSE to roughly chop.
2. Heat oil and sauté chopped vegetables until softened. Transfer to a lightly oiled 9x9" baking dish.
3. Place remaining ingredients, except ¼ cup cheese into the pitcher.
4. Select LOW on the dial, and flip the switch to START. Process for 15 seconds.
5. Pour egg mixture over vegetables and scatter cheese on top.
6. Bake in preheated 350°F oven for 20 minutes or until center is set and top is lightly browned.



Breakfast Parfait

SERVES 2

This wonderfully simple healthy breakfast is perfect using the fruit you have on hand.

- 1 cup non-fat yogurt
- 1 mango, peeled and pitted
- ¼ teaspoon ground cardamom
- ½ banana, sliced
- ¼ cup pineapple, chopped
- ¼ cup blueberries
- ¼ cup coconut granola

1. Place yogurt, mango and cardamom in the 72 ounce pitcher fitted with the top blades. Secure the lid and PULSE to combine.
2. In a small bowl, combine banana, pineapple and berries.
3. In each of two parfait cups, alternate layers of fruit, granola and mango yogurt. Top with additional yogurt and granola.

Cranberry Orange Bread

SERVES 12-16

Toasty pecans and orange liqueur soaked cranberries elevate this anytime cake to a restaurant quality level.

- 2½ cups all-purpose white flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon Kosher salt
- 1 cup brown sugar
- ¼ cup granulated sugar
- ½ cup butter, melted and cooled
- to room temperature
- ½ cup low-fat sour cream
- ¼ cup orange juice
- 3 eggs
- 1 teaspoon vanilla extract
- 1 cup dried cranberries, chopped, soaked in ½ cup orange liqueur
- ½ cup pecans, toasted

1. Preheat oven to 350°F.
2. In a large bowl, combine flour, baking powder, baking soda and salt and set aside.
3. Using the bottom blades in the Pitcher, add the remaining ingredients, except cranberries and pecans.
4. Select LOW on the dial, and flip the switch to START. Process until smooth.
5. Pour the wet ingredients from the Pitcher into the flour mixture and stir with a spoon to incorporate. Drain cranberries and fold, along with pecans, into the batter.
6. Lightly coat a 9x5-inch loaf pan with cooking spray. Pour batter into pan and bake at 350°F for 50 to 60 minutes until a knife inserted into the center comes out clean.

Soups

Enjoy rich and hearty soups that come together quickly with the touch of a button.



Tip

This is the perfect soup for those following a vegan or paleo diet.



Cream of Broccoli

SERVES 4

Vibrantly colorful and packed with nutrients, this soup gets its creamy richness from raw cashews, making it a perfect dairy-free dish for any night of the week.

1 cup raw cashews, soaked in water for 2 hours
4 cups vegetable broth
6 cups broccoli, steamed
1 teaspoon garlic powder
Kosher salt and pepper to taste
Raw cashews for garnish

1. Place cashews and $\frac{1}{2}$ cup broth into the 72 ounce pitcher fitted with the bottom blades and secure the lid.
2. Select LOW on the dial, and flip the switch to START.
3. Slowly increase to MED and process until smooth.
4. Add remaining ingredients and continue to process until smooth.
5. Transfer soup to a saucepan, adjust seasonings and simmer until heated through.
6. Garnish with cashews and broccoli.



White Cheddar Cauliflower

SERVES 4

A hearty and creamy soup to satisfy your appetite for any meal whether it be lunch or dinner.

- 4 cups cauliflower florets
- ½ small onion, peeled and cut into quarters
- 2 cups low-fat milk
- ¾ cup white cheddar cheese (such as Dubliner), grated, plus additional for garnish
- 1 teaspoon onion powder
- ¼ teaspoon freshly grated nutmeg, plus additional for garnish
- Kosher salt and pepper to taste

1. Steam cauliflower with onion quarters until tender.
2. Transfer cauliflower and onion mixture to the 72 ounce pitcher fitted with the bottom blades only, add all remaining ingredients and secure the lid.
3. Select LOW on the dial, and flip the switch to START.
4. Slowly increase to HIGH and process until smooth.
5. Transfer soup to a saucepan, adjust seasonings and simmer until heated through.
6. Serve in bowls garnished with a little grated cheddar cheese and a sprinkle of nutmeg.



Thai Chicken Coconut Curry

SERVES 4-6

A quick version of the traditional northern Thai dish "Khoa Soi".

- | | |
|--|--|
| 2 tablespoons vegetable oil | 1 tablespoon brown sugar |
| 3 cloves garlic | 1 tablespoon ground turmeric |
| 1 white onion, diced | 2 boneless chicken breast, cut into 2" strips |
| 3 cups light coconut milk | 4 cups cooked thin rice stick noodles (vermicelli) |
| 3 cups chicken stock | 1 cup bean sprouts |
| 3 tablespoons red curry paste, more or less to taste | Lime wedges, for garnish |
| 3 tablespoons soy sauce | Cilantro leaves, for garnish |
| 3 tablespoons fresh lime juice | |

1. Heat oil in a saucepan and sauté garlic and onion until softened.
2. Add coconut milk, chicken stock, curry paste, soy sauce, lime juice, brown sugar, and turmeric and stir to combine. Stir to combine.
3. Transfer mixture to 72 ounce pitcher fitted with the bottom blades only. Secure the lid.
4. Select LOW on the dial, and flip the switch to START.
5. Slowly increase to HIGH and process until smooth.
6. Return mixture to the saucepan, add chicken, bring to a boil, reduce heat and simmer for about 10 minutes or until chicken is cooked through.

To Serve:

Divide noodles between bowls, ladle in soup & top with bean sprouts, a lime wedge & a sprinkle of chopped cilantro.



Entrees

Get dinner on the table in no time with these delicious and healthy recipes. The Ninja® blender is the perfect tool to create one of a kind meals the whole family will enjoy.



Three Green Salad with Citrus Yogurt Sauce

SERVES 4

Create a quick and easy dressing that is perfect for topping a salad!

Sauce:

- ¾ cup non-fat plain yogurt
- ¼ orange, peeled, seeded and sectioned
- ¼ small onion, peeled
- 2 teaspoons apple cider vinegar
- 2 teaspoons olive oil
- ½ teaspoon salt
- ½ teaspoon ground pepper

Salad:

- 6 cups baby spinach
- 2 cups arugula
- 2 cup romaine lettuce, chopped
- 1 avocado, peeled and sliced
- 1 cup fresh strawberries, hulled and sliced
- ½ cup walnut halves, toasted

1. Place all dressing ingredients into the 72 ounce pitcher fitted with the bottom blades only. Secure the lid.
2. Select LOW on the dial, and flip the switch to START.
3. Slowly increase to HIGH and process until smooth.
4. Divide spinach, arugula and romaine between four plates and top with avocado, strawberries and walnuts.
5. Drizzle each salad with dressing and serve.



Ground Chicken Lettuce Cups with Garlic Chili Sauce

SERVES 4-6

This tantalizing dish tastes as good as it looks. A perfect dish for entertaining, arrange in bowls and let everyone make their own.

- | | |
|---|---------------------------------------|
| 2 boneless, skinless chicken breasts, cut into 1" pieces and partially frozen | ½ red bell pepper, seeded and chopped |
| 2 tablespoons soy sauce | ¾ cup water chestnuts |
| 2 tablespoons hoisin sauce | ¼ bunch cilantro leaves, chopped |
| 2 tablespoons rice wine vinegar | 2 teaspoons fresh ginger, minced |
| 1 teaspoon brown sugar | 3 green onions, finely chopped |
| 1 teaspoon store bought garlic chili sauce | 6 to 10 inner leaves iceberg lettuce |
| 3 tablespoons vegetable oil | ¼ cup peanuts, chopped |
| | 1 lime, wedged |

1. Place chicken into the 72 ounce pitcher fitted with the top blades. Secure the lid.
2. PULSE 6-8 times, until the chicken has been chopped to a consistent texture.
3. Combine soy sauce, hoisin sauce, rice wine vinegar, brown sugar and garlic chili sauce and set aside.
4. Heat 1 tbsp oil over medium high heat in a wok or frying pan & stir-fry bell pepper, water chestnuts & ginger until just softened. Remove from wok & set aside.
5. Heat remaining oil in pan, add chicken and stir-fry until no longer pink.
6. Add cooked vegetable mixture, stir in the soy sauce mixture, decrease heat and stir-fry until chicken is done.
7. Serve in lettuce cups garnished with green onion, chopped cilantro and chopped peanuts.



Sundried Tomato Sauce Farfalle

SERVES 4-6

Another quick and hearty meal guaranteed to brighten any weeknight dining table! Serve with a green salad and crusty French bread.

- | | |
|---|---|
| 1-28 oz can whole tomatoes, with juice | 4 cloves garlic, chopped |
| 6 oz sun-dried tomatoes packed in olive oil | 1 lb ground turkey |
| ½ cup dry red wine | ¼ bunch basil, chopped, 2 tbsp reserved for garnish |
| ½ teaspoon red pepper flakes | 4 cups farfalle, cooked |
| 1 tablespoon olive oil | Kosher salt and pepper |
| 1 onion, chopped | Parmesan cheese, grated as garnish |

1. Place tomatoes with juice, sundried tomatoes, red wine and red pepper flakes into the 72 ounce pitcher fitted with the bottom blades only. Secure the lid.
2. Select LOW on the dial, and flip the switch to START.
3. Slowly increase to HIGH and process until smooth.
4. Heat oil over medium heat and sauté onion and garlic until softened. Add ground turkey and cook while breaking up with the back of a spoon until done.
5. Stir in tomato sauce from blender, basil, salt and pepper and bring to a boil. Reduce heat and simmer until thickened, about 20 minutes.
6. Serve sauce ladled over pasta, garnished with basil and cheese.



Desserts

Frozen & sweet treats are the perfect way to end any meal. With this versatile appliance you can create simply delicious desserts everyone will enjoy.



Mexican Chocolate Bread Pudding

SERVES 4

1 pound loaf day old French bread, cubed	3 cups milk
1 cup brown sugar	¼ cup heavy cream
½ cup granulated sugar	2 teaspoons vanilla
⅓ cup cocoa powder	1 teaspoon almond extract
1 ½ teaspoons ground cinnamon	1 cup white chocolate chips
½ teaspoon red chile powder	Whipped cream, for garnish
6 eggs	

1. Place the bread into a lightly buttered 9"x 13" baking dish.
2. In a small bowl stir together sugars, cocoa powder, cinnamon and red chile powder until well combined.
3. Place eggs, milk, cream, vanilla and almonds extract into the 72 ounce pitcher fitted with the bottom blades only. Secure the lid.
4. Select LOW on the dial, and flip the switch to START.
5. Slowly increase to MED and process until evenly mixed.
6. Remove lid and add sugar mixture. Process on LOW.
7. Add chocolate chips and PULSE 2 times.
8. Pour liquid over bread. Cover and refrigerate for 2 hours or overnight.
9. Remove cover, bring to room temperature and bake at 350°F for 1 hour until knife inserted in center comes out clean and top is golden brown.



Cantaloupe Pepper Freeze

SERVES 4-6

Whip up this non-dairy treat in minutes. A hint of black pepper gives this sweet treat a sublime pop!

- 1 cup ice cubes
- ½ cantaloupe, chunked and frozen (about 2 cups)
- ½ teaspoon freshly ground black pepper
- ¾ to 1 ½ cups water, divided

1. Using the top blades in the Pitcher, add ice, cantaloupe, pepper and ¾ cup water.
2. PULSE 3 times.
3. Select LOW on the dial and slowly increase to HIGH until smooth. Add additional water if needed.
4. Serve immediately or transfer to a shallow glass baking dish and freeze to desired consistency.

Raspberry Coco Yoyo

SERVES 4

Chocolate and raspberry are a winning combination in this decadent blended cocktail. Using low-fat frozen yogurt is a delicious way to cut calories!

- 2 cups non-fat chocolate frozen yogurt or ice cream
- 1 cup fresh or frozen raspberries
- ½ cup ice cubes
- ½ cup low-fat chocolate milk
- 4 ounces Crème de Framboise, plus more for garnish
- Whipped cream, as a garnish

1. Place all ingredients into the 72 ounce pitcher fitted with the top blades. Secure the lid.
2. Select HIGH on the dial, and flip the switch to START.
3. Process until smooth.
4. Divide between 2 glasses, top with whipped cream and a drizzle of Crème de Framboise.

Tip

Try coconut ice cream, soy ice cream or rice ice cream.

FAQ's

Q: When do I use only the bottom blades?

A: For best puree results, use only the bottom blades when making soups, sauces and purees.

Q: What if my blender will not turn on?

A: Be sure your blender is assembled correctly and plugged in. The handle should be facing the front left or front right corner of the blender base. If the power light is solid, you have assembled the blender correctly.

Q: How do I clean my Ninja Ultima™ Blender?

A: Squeeze 2-3 drops of dish soap into the jar, fill halfway with warm water and pulse 5-10 times. The Ninja Ultima™ Blender is also dishwasher safe.

Q: Where can I find more recipes to create in my Ninja Ultima™ blender?

A: Visit www.Ninjaultimablender.com to find these recipes and more! The Ninja Ultima™ blender cookbook can be purchased online as well!

Q: How do I get in contact with Ninja if I have any questions?

A. We're here to help! Call us toll free at 1-877-646-5288. We're open Monday - Saturday 7 AM - 11 PM, EST and Sunday 9 AM - 8 PM, EST.



 like

<http://www.facebook.com/ninjakitchen>

 follow

<http://twitter.com/ninjakitchen>

NINJA®

Inspire healthy living