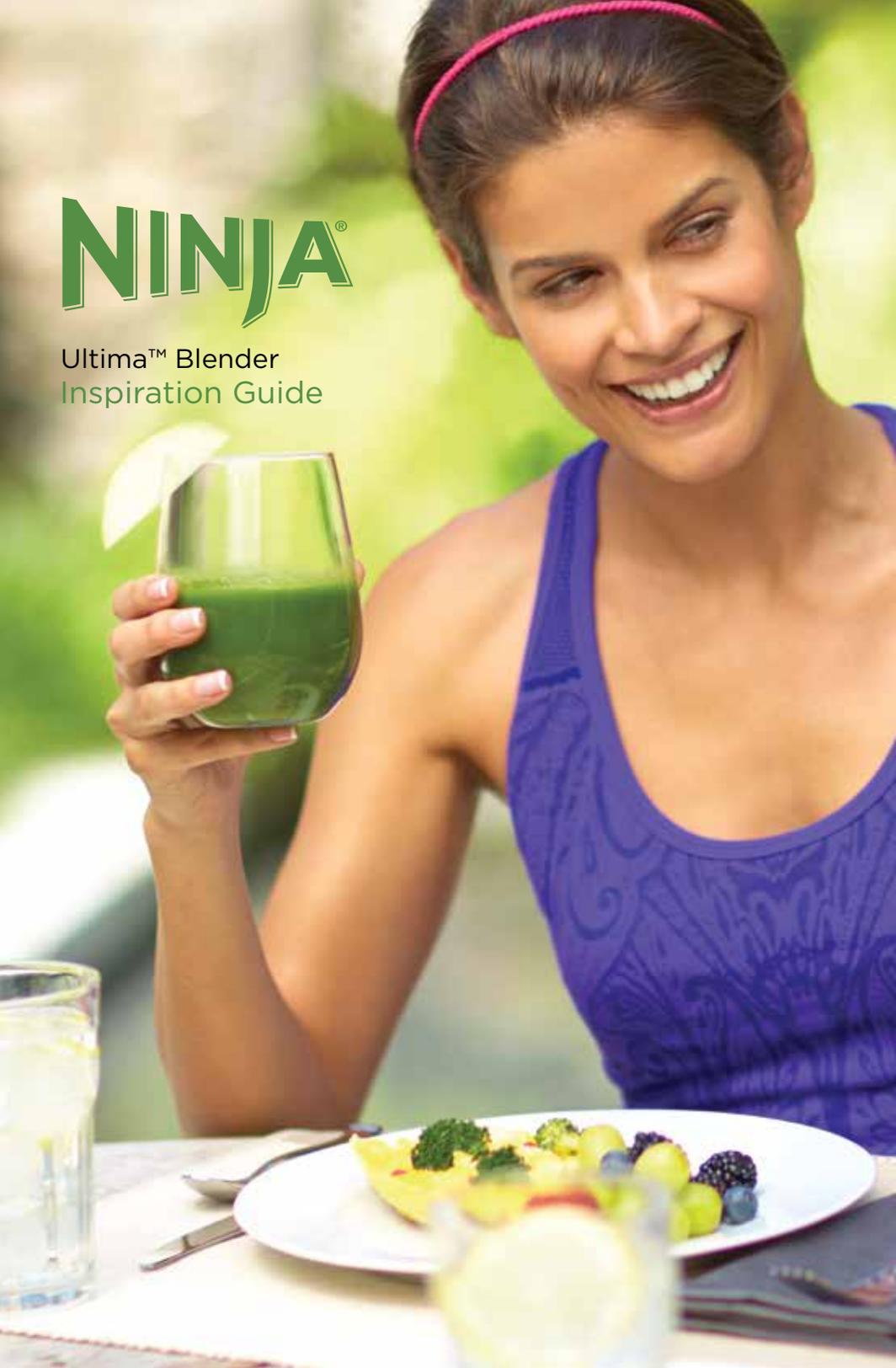


# NINJA®

Ultima™ Blender  
Inspiration Guide



## Table of Contents

Welcome	2
Assembly	3
Sides & Sauces	5
Frozen Blending	11
Nutrient Complete Juicing	17
Breakfast	23
Soups	27
Entrees	31
Desserts	37
FAQ	41



## 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](http://www.ninjakitchen.com).

# Getting to know your Ninja®



STEP 1

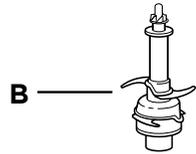


1. Form a diamond onto the base.

STEP 1



1. Place the single serve blade onto the cup and screw it on tightly.



STEP 2

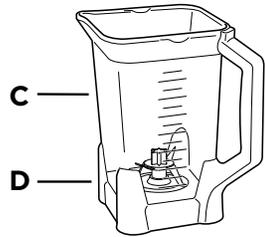


2. Rotate the pitcher clockwise as far as it will go to lock in place.

STEP 2



2. Turn the single serve cup upside down and align the tabs on the cup with the motor base. Turn clockwise until the cup locks in place.



STEP 3

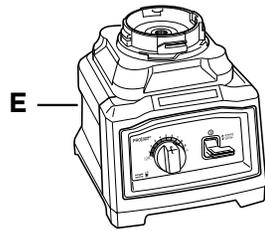


3. Place Top Blades onto the Bottom Blades.

STEP 3



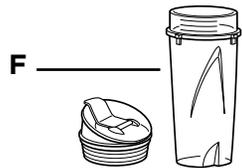
3. Press down on the PULSE toggle in short intervals.



STEP 4



4. Place lid on top of the pitcher aligning the arrows and clamp down the locking handle.



- A. Pitcher Lid with Locking Handle
- B. Top Blades (Removable)
- C. 72 ounce Pitcher
- D. Bottom Blades (Fixed)
- E. Motor Base
- F. Single Serve Cup
- G. Single Serve Blade

## 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 5-10
Ice Crushing/ Frozen Blending	•Ice •Frozen Fruit •Ice Cream	Top and Bottom Blades	Pulse then 5-10
Pureeing	•Smooth Soups •Milkshakes •Nut Milks	Top and Bottom Blades	1-10
Emulsifying	•Salad Dressings •Sauces	Bottom Blades Only	1-5
Chopping	•Salsa •Vegetables •Nuts	Top and Bottom Blades	Pulse
Mixing	•Batter •Dips	Bottom Blades Only	1-3
Grinding	•Meat	Top and Bottom Blades	Pulse
Nut Butters	•Sunflower Butter •Peanut Butter •Almond Butter	Top and Bottom Blades	1-8
Milling Flours	•Rice •Quinoa •Dried Garbanzo Beans	Top and Bottom Blades	5-8

### Single Serve Tips & Tricks

- Use the single serve cup for great results when making individual portions of smoothies or other drinks.
- The single serve cup is also great for chopping and creating salad dressings!
- There is only one speed for single serve. Pulse until desired results are achieved.

### Tips & Tricks

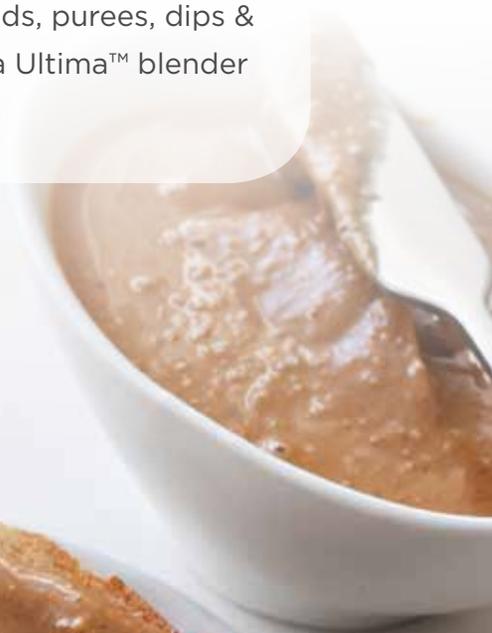
- For tough ingredients like ice, solid fruits and vegetables, attach the Top Blades for additional blending power.
- For softer ingredients and best puree results, make sure the Top Blades are removed and use only the Bottom Fixed Blades for blending. The blender will still run without the Top Blades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

### Please visit

[www.ninjaultimablender.com](http://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, cooked until tender  
2 cloves garlic, peeled and smashed  
½ cup water, plus more as needed  
¼ cup lemon juice  
¼ cup olive oil  
½ teaspoon ground cumin  
Kosher salt and pepper  
Black sesame seeds, as garnish

1. Using the Bottom Blade in the Pitcher, add all ingredients, except sesame seeds.
2. Select Speed 1 and flip the switch to START. Increase to Speed 3 and process until smooth.
3. Add additional liquid if a thinner consistency is desired.
4. Garnish with black sesame seeds.

Find this recipe for homemade almond butter at: [www.ninjaultimablender.com](http://www.ninjaultimablender.com)



### Tip

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

## 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

1. Place all ingredients into the Single Serve Cup and PULSE until you reach your desired consistency.
2. If a thinner sauce is desired, add a little water, 1 teaspoon at a time.

## Best Blender Salsa

**MAKES 4 cups**

You can depend on the flavor of this salsa every time! Canned tomatoes create consistency and rich flavor.

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

1. Place the Top Blades in the Pitcher and add all ingredients.
2. PULSE until desired consistency is reached.
3. Cover and refrigerate for at least 1 hour.

# Homemade Chili Garlic Sauce

SERVES 4-6

A staple in many Asian recipes, this sauce adds heat and flavor. A small amount goes a long way, so taste as you go.

- 2/3 cup red Serrano chilis, stemmed and quartered
- 4 cloves garlic, peeled
- 1/2 teaspoon Kosher salt
- 1 1/2 tablespoons brown sugar
- 1 1/2 tablespoons rice wine vinegar

1. Place all ingredients into the Single Serve Cup and PULSE until you reach your desired consistency.
2. Transfer to a saucepan and simmer for 6 minutes, stirring frequently. Allow to cool.
3. Refrigerate sauce for up to 1 month.



# Pineapple Cilantro Dipping Sauce

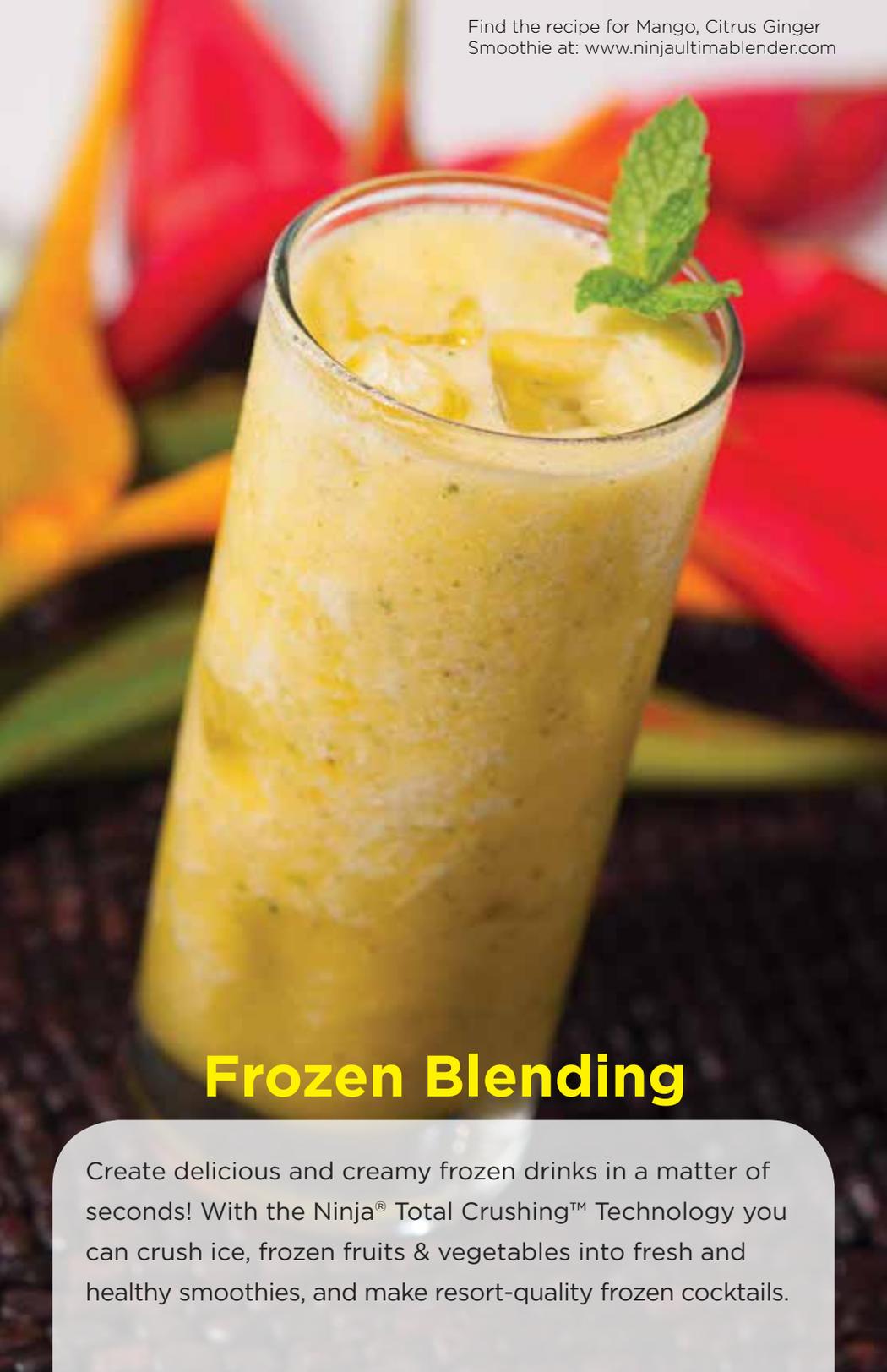
SERVES 4

A fresh sweet and spicy sauce that jazzes up anything. Try it with potstickers, egg rolls, coconut shrimp or even sweet potato French fries!

- 1 cup pineapple
- 1/2 small Serrano chile, seeded
- 1/4 cup sweet white onion
- 2 tablespoons cilantro leaves
- 2 tablespoons lime juice
- 1 tablespoon coconut oil or vegetable oil
- Kosher salt and pepper

1. Place all ingredients into the Single Serve Cup and PULSE until you reach desired consistency. Serve or refrigerate covered for up to 2 days.





## Frozen Blending

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



## Top O' The Mornin' Smoothie

SERVES 1-2

Start your day with a simple and fresh delight!

- 1 banana, peeled
- 1 orange, peeled
- ½ teaspoon ground cinnamon
- 1 scoop whey protein powder
- 1 cup unsweetened vanilla almond milk
- 6 ice cubes

1. Place Top Blades in the Pitcher and add all ingredients.
2. PULSE 5 times.
3. Select Speed 3 on the dial and flip the switch to START. Slowly increase to Speed 6 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 non-fat vanilla frozen yogurt
- 2 tablespoons espresso powder
- ¼ cup pumpkin puree
- 3 tablespoons maple syrup
- Pinch ground cloves
- 1 ½ cups ice cubes
- 1 cup low-fat milk

1. Place the Top Blades in the Pitcher and add all ingredients.
2. PULSE 5 times.
3. Select Speed 3 and flip the switch to START. Slowly increase to Speed 6 until smooth.



## Figgy Maple Smoothie

SERVES 1-2

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

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

1. Place all ingredients into the Single Serve Cup and PULSE until you reach your desired consistency.

# Moroccan Banana Date Smoothie

SERVES 1-2

Start your day off with a burst of energy from this creamy sweet pick-me-up!

- 1 banana, peeled
- 1/3 cup mango, peeled and chopped
- 2 dates, pitted
- 1/2 teaspoon ground cardamom
- 3/4 cup coconut milk
- 4 ice cubes

1. Place all ingredients into the Single Serve Cup and PULSE until you reach your desired consistency.

## Tip

Soak dates in water for 20 minutes to soften them before making this rich smoothie.

# Traditional Mint Lassi

SERVES 1-2

This lassi is often served in India to aid digestion. Normally savory, it is sweetened here with honey for a refreshing treat.

- 1/4 teaspoon ground cumin
- 1/8 teaspoon ground black pepper
- 1/2 cup non-fat Greek yogurt
- 1 cup water
- 2 teaspoons honey
- 1/4 cup packed fresh mint leaves

1. Place all ingredients into the Single Serve Cup and PULSE until you reach your desired consistency.



# Raspberry Mango Smoothie

SERVES 1-2

A tangy, rich smoothie with bright flavor!

- 1/2 cup fresh mango, peeled and pitted
- 1 cup raspberries
- 1/2 lemon, juiced
- 1/2 cup apple juice
- 4 ice cubes

1. Place all ingredients into the Single Serve Cup and PULSE until you reach your desired consistency.

# Peachy Keen Smoothie

SERVES 1-2

Creamy and peachy and yummy!

- 1/2 cup frozen peaches
- 1/2 orange or 1 whole tangerine
- 1/2 banana
- 1 tablespoon hemp seeds
- 3-4 ice cubes

1. Place all ingredients into the Single Serve Cup and PULSE until you reach your desired consistency.



# 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 3-4**

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

4 apples, peeled, cored and quartered  
2 lemons, peeled and quartered  
2 teaspoons ginger, peeled and quartered  
1 cup fresh spinach  
4 tablespoons agave nectar  
1 cup water  
1 cup ice cubes

1. Place the Top Blades in the Pitcher and add all ingredients.
2. PULSE 5 times.
3. Select Speed 3 and flip the switch to START. Slowly increase to Speed 8 until smooth.

## Ginger Pear Wakeup

SERVES 1-2

Fresh ginger combines with sweet pear and melon to make this a great morning recipe.

- 1 pear, cored
- ¼ cup cantaloupe, peeled
- ⅓ lemon, peeled
- 1 teaspoon fresh ginger, peeled
- 3-4 ice cubes

1. Place all ingredients into the Single Serve Cup and PULSE until you reach your desired consistency.

### 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. A delicious and powerful immune-builder.

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

1. Place the Top Blades in the Pitcher and add all ingredients.
2. PULSE 5 times.
3. Select Speed 3 and flip the switch to START. Slowly increase to Speed 8 until smooth.
4. If less pulp is desired, pour juice through a filtration bag or a fine mesh strainer.



# Sunshine Pick-Me-Up

SERVES 2

Start your day off with a burst of energy from this creamy sweet pick-me-up!

- ½ banana
- ¼ cup fresh pineapple
- ¼ cucumber, peeled and quartered
- ½ cup coconut water
- ¼ cup pineapple juice
- ½ lime juiced
- 1 scoop vanilla plant protein powder
- 2-3 ice cubes

1. Place all ingredients into the Single Serve Cup and PULSE until you reach your desired consistency.



# Minty Cucumber Cooler

SERVES 1-2

This light drink is as refreshing as it sounds. Great as an after-workout boost!

- 1 cucumber, peeled and quartered
- 2 tablespoons lemon juice
- 2 tablespoons fresh mint leaves
- 2 tablespoons agave
- 2-3 ice cubes

1. Place all ingredients into the Single Serve Cup and PULSE until you reach your desired consistency.



# 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 Frittata

SERVES 6-8

The perfect quick and easy brunch go-to recipe.

- |  |                                |
|--|--------------------------------|
| 1 tablespoon 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                     | salt and pepper                |
| 1 clove garlic, peeled and smashed             |                                |

1. Place broccoli, red pepper, onion and garlic into the Pitcher fitted with the Top Blades. Secure the lid and PULSE to roughly chop.
2. Using only the Bottom Blade in the Pitcher, add the remaining ingredients, except one-quarter cup cheese.
3. Select Speed 1 and flip the switch to START. Increase to Speed 5 until smooth.
4. Pour egg mixture over vegetables and scatter cheese on top.
5. 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
- $\frac{3}{4}$  teaspoon ground cardamom
- $\frac{1}{2}$  banana, sliced
- $\frac{3}{4}$  cup pineapple, trimmed and chopped
- $\frac{3}{4}$  cup blueberries
- $\frac{3}{4}$  cup coconut granola

1. Place yogurt, mango and cardamom in the Single Serve Cup and PULSE to combine.
2. In a small bowl, combine banana, pineapple and berries.
3. In each of two glasses, alternate layers of fruit, granola and mango yogurt. Top with additional yogurt and granola.

## Cranberry Orange Bread

SERVES 8

Toasty pecans and orange liqueur-soaked cranberries elevate this cake to heavenly heights. Try a slice toasted with butter for a delicious morning treat.

- |  |   |
|--|---|
| 2 $\frac{1}{2}$ cups all-purpose white flour                       | $\frac{1}{2}$ cup low-fat sour cream  |
| 2 teaspoons baking powder  | $\frac{1}{4}$ cup orange juice  |
| $\frac{1}{2}$ teaspoon baking soda                                 | 3 eggs  |
| $\frac{1}{2}$ teaspoon Kosher salt                                 | 1 teaspoon vanilla extract  |
| 1 cup brown sugar  | 1 cup dried cranberries, chopped,<br>soaked in $\frac{1}{2}$ cup orange liqueur |
| $\frac{1}{4}$ cup granulated sugar                                 | $\frac{1}{2}$ cup pecans, toasted   |
| $\frac{1}{2}$ cup butter, melted and cooled<br>to room temperature | Cooking spray   |

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 Blade in the Pitcher, add the remaining ingredients, except cranberries and pecans.
4. Select Speed 1 and flip the switch to START. Increase to Speed 5 until well-combined.
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, divided

6 cups broccoli, steamed

1 teaspoon garlic powder

Kosher salt and pepper to taste

Raw cashews for garnish

Broccoli florets for garnish.

1. Place the Top Blades in the Pitcher and add the cashews and one cup broth.
2. Select Speed 1 and flip the switch to START. Process until smooth.
3. Add remaining ingredients and Select Speed 3. Slowly increase to Speed 5 until smooth.
4. Transfer soup to a saucepan, adjust seasonings and simmer until heated through.
5. 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, grated (such as Dubliner), 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. Using the Bottom Blade in the Pitcher, add the cauliflower, onion and all remaining ingredients.
3. Select Speed 1 and flip the switch to START. Slowly increase to Speed 5 until smooth.
4. Transfer soup to a saucepan, adjust seasonings and simmer until heated through.
5. 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 breasts, cut into 2-inch strips
3 cups light coconut milk	4 cups cooked thin rice stick noodles (vermicelli)
3 cups chicken broth	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 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. Allow mixture to cool to room temperature.
3. Transfer cooled mixture to the Pitcher fitted with the Bottom Blades only. Secure the lid.
4. Select Speed 1 and flip the switch to START. Slowly increase to Speed 6 until smooth.
5. 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 Dressing

**SERVES 4**

Create a quick and easy dressing that is perfect for topping a salad! Use remaining dressing to top grilled meats and fish.

### Dressing:

- 1 ½ cups non-fat plain yogurt
- ½ orange, peeled, seeded and sectioned
- ½ small onion, peeled
- 4 teaspoons apple cider vinegar
- 4 teaspoons olive oil
- 1 teaspoon salt
- 1 teaspoon ground pepper

### Salad:

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

1. Place all ingredients into the Single Serve Cup and PULSE until you reach your desired consistency.
2. Divide spinach, arugula and romaine between four plates and top with avocado, strawberries and walnuts.
3. Drizzle each 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                        |

- Place chicken into the Pitcher fitted with the Top Blades. Secure the lid.
- PULSE 6-8 times, until the chicken has been chopped to a consistent texture.
- In a bowl, combine soy sauce, hoisin sauce, rice wine vinegar, brown sugar and garlic chili sauce and set aside.
- Heat 1 tablespoon 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.
- Heat remaining oil in pan, add chicken and stir-fry until no longer pink.
- Add cooked vegetable mixture, stir in the soy sauce mixture, decrease heat and stir-fry until chicken is done.
- Serve in lettuce cups garnished with green onion, chopped cilantro and chopped peanuts.



## Farfalle with Sundried Tomato Sauce

**SERVES 4**

A quick and hearty meal guaranteed to brighten any weeknight dining table!

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

- Place tomatoes with juice, sun-dried tomatoes, red wine and red pepper flakes into the 72 ounce Pitcher fitted with the Bottom Blades only. Secure the lid.
- Select Speed 1 and flip the switch to START. Process until chunky smooth.
- 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.
- Stir in tomato sauce from blender, basil, salt and pepper and bring to a boil. Reduce heat and simmer until thickened, about 20 minutes.
- Serve sauce ladled over pasta, garnished with basil and cheese.

# Mini Grilled Manchego Cheese Sliders

SERVES 4-6

With a delicate golden crunch and a rich melty Manchego and pesto center, these sliders are hard to resist, and even harder to share.

- |                               |  |
|-------------------------------|--|
| 1 cup packed basil leaves     | ¼ teaspoon Kosher salt                       |
| ¼ cup walnuts                 | 4 slices sourdough bread, crust removed      |
| 2 cloves garlic, peeled       | 3 tablespoons softened butter                |
| 2 tablespoons Parmesan cheese | 8 2-inch square slices Manchego cheese       |
| 2 tablespoons olive oil       | 2 Roma tomatoes, thinly sliced into 8 slices |

1. Place basil, walnuts, garlic, cheese, oil and salt in the Single Serve Cup and PULSE until finely chopped.
2. Cut each bread slice into quarters.
3. Spread one side of bread generously with the walnut cheese pesto.
4. Layer 8 squares with a slice of cheese and a slice of tomato and top with bread squares, pesto side resting on tomato.
5. Lightly butter outside top and bottom of sliders.
6. Heat a griddle over medium heat and cook sliders until cheese melts and outside is golden brown, about 2 to 3 minutes per side.



# Kale & Cabbage Slaw

SERVES 4

Colorful and packed with nutrition; this slaw is definitely a cut above.

## Slaw:

- ½ head red cabbage, trimmed and cut into pieces
- 1 bunch kale, thick stems removed, quartered
- 1 stalk broccoli, trimmed and cut into pieces
- ½ cup golden raisins
- ½ cup almonds, toasted and chopped

## Dressing:

- ¼ cup low-fat sour cream
- ¼ cup low-fat mayonnaise
- 1 tablespoon apple cider vinegar
- 1 tablespoon honey
- 2 teaspoons poppy seeds
- Kosher salt and pepper

1. In batches, place cabbage, kale and broccoli into Pitcher and PULSE to rough chop.
2. Transfer the vegetables to large bowl.
3. Add raisins and almonds onto salad mixture and set aside.
4. Place dressing ingredients into Single Serve Cup and process until smooth.
5. Pour dressing over vegetable mixture and toss to coat.
6. Serve or chill until serving.





## Desserts

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



## Mexican Chocolate Bread Pudding

SERVES 6-8

1 pound loaf day old French bread, cubed	1/2 teaspoon salt
1 cup brown sugar	3 cups milk
1/2 cup granulated sugar	1/4 cup heavy cream
1/3 cup cocoa powder	2 teaspoons vanilla extract
1 1/2 teaspoons ground cinnamon	1 teaspoon almond extract
1 teaspoon red chile powder	1 cup white chocolate chips
6 eggs	Whipped cream, for garnish

1. Lightly coat a 9 x 9 x 2-inch baking dish with cooking spray and place the cubed bread in dish.
2. In a small bowl, stir together sugars, cocoa powder, cinnamon, red chile powder and salt until well-combined.
3. Using the Bottom Blade in the Pitcher, add eggs, milk, cream, and extracts.
4. Select Speed 1 and flip the switch to START. Increase to Speed 3 until smooth. Add sugar mixture & combine.
5. Stir in chocolate chips. Pour egg mixture over bread. Cover and refrigerate for 2 hours or overnight.
6. 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 2-3

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 ½ cups water, divided

1. Place all ingredients into the 72 ounce Pitcher, fitted with the Top Blades.
2. PULSE 3 times.
3. Select Speed 3 and flip the switch to START. Slowly increase to Speed 8 until smooth.
4. Serve immediately.

## Raspberry Coco Yoyo

SERVES 2-4

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, plus 6-8 for garnish
- 1 cup ice cubes
- 1½ cups low-fat chocolate milk
- 4 ounces raspberry liquor or brandy, plus more for garnish
- Whipped cream, as a garnish

1. Place the Top Blades in the Pitcher and add all ingredients, except whipped cream.
2. PULSE 5 times.
3. Select Speed 3 and flip the switch to START. Slowly increase to Speed 8 until smooth.
4. Divide evenly, top with whipped cream and add a drizzle of raspberry liquor or brandy.
5. Thread 3 to 4 raspberries on a thin wooden skewer and balance across top of glass as a garnish.

### 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. Rinse thoroughly. 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](http://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.



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