

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



# NINJA Foodi

POWER BLENDER  
& PROCESSOR

10 delicious recipes



# Your guide to blending, prepping, and mixing like a Foodi.®

Welcome to the Ninja® Foodi® Power Blender & Processor recipe book. From here you're just a few pages away from recipes, tips, tricks, and helpful hints to give you the confidence to make everything from frozen drinks to smoothies, salsas, and cookie dough. Now let's get started.

---

For more exciting delicious recipes,  
visit [ninjakitchen.com](http://ninjakitchen.com)

---

## Table of Contents

<b>SMOOTHIE BOWLS FOR A CROWD</b>	<b>2</b>	<b>SMOOTHIE BOWLS</b>	<b>20</b>
		Dragon Fruit Bowl	20
<b>SMOOTHIE BOWL COLOR GUIDE</b>	<b>3</b>	Mango Tango Bowl	22
<b>BLENDING 101</b>	<b>4</b>	<b>ENTREES</b>	<b>24</b>
		Meatballs	24
<b>FOOD PREP 101</b>	<b>5</b>	Veggie Burgers	26
		<b>BREADS</b>	<b>28</b>
<b>DOUGH BASICS 101</b>	<b>6</b>	Focaccia	28
<b>PIZZA DOUGH KICKSTARTER</b>	<b>10</b>	<b>DESSERTS</b>	<b>30</b>
		Banana Bread	30
<b>ALMOND MILK KICKSTARTER</b>	<b>12</b>	Strawberry Cheesecake Ice Cream	32
		Date Bites	34
<b>CHOOSE YOUR OWN ADVENTURES</b>	<b>14</b>	<b>SMOOTHIES</b>	<b>36</b>
		Green Refresher Smoothie	36
		Sunset Smoothie	38



# Smoothie bowls for a crowd

## USING THE PITCHER



1.

With the Stacked Blade Assembly installed in the pitcher, add milk, or milk alternative such as soy, coconut, almond, or oat milk up to the **16 oz. line**.

**ALWAYS DO THIS FIRST.**



2.

Add **frozen fruit, directly from freezer**, and/or açai or dragon fruit packets up to the **44 oz. line**.

*Cut larger fruit, like bananas, in quarters.*

**If using açai or dragon fruit packets, thaw slightly and cut in quarters.**



3. (Optional)

Amplify your base by adding 2 scoops of yogurt, flavor powder, protein powder, and/or nut butter.



4.

Install lid, then install pitcher on the motor base.

Use the dial to select **BOWL** and press **START/STOP**. If more blending is needed, run on Speed 10 until combined.

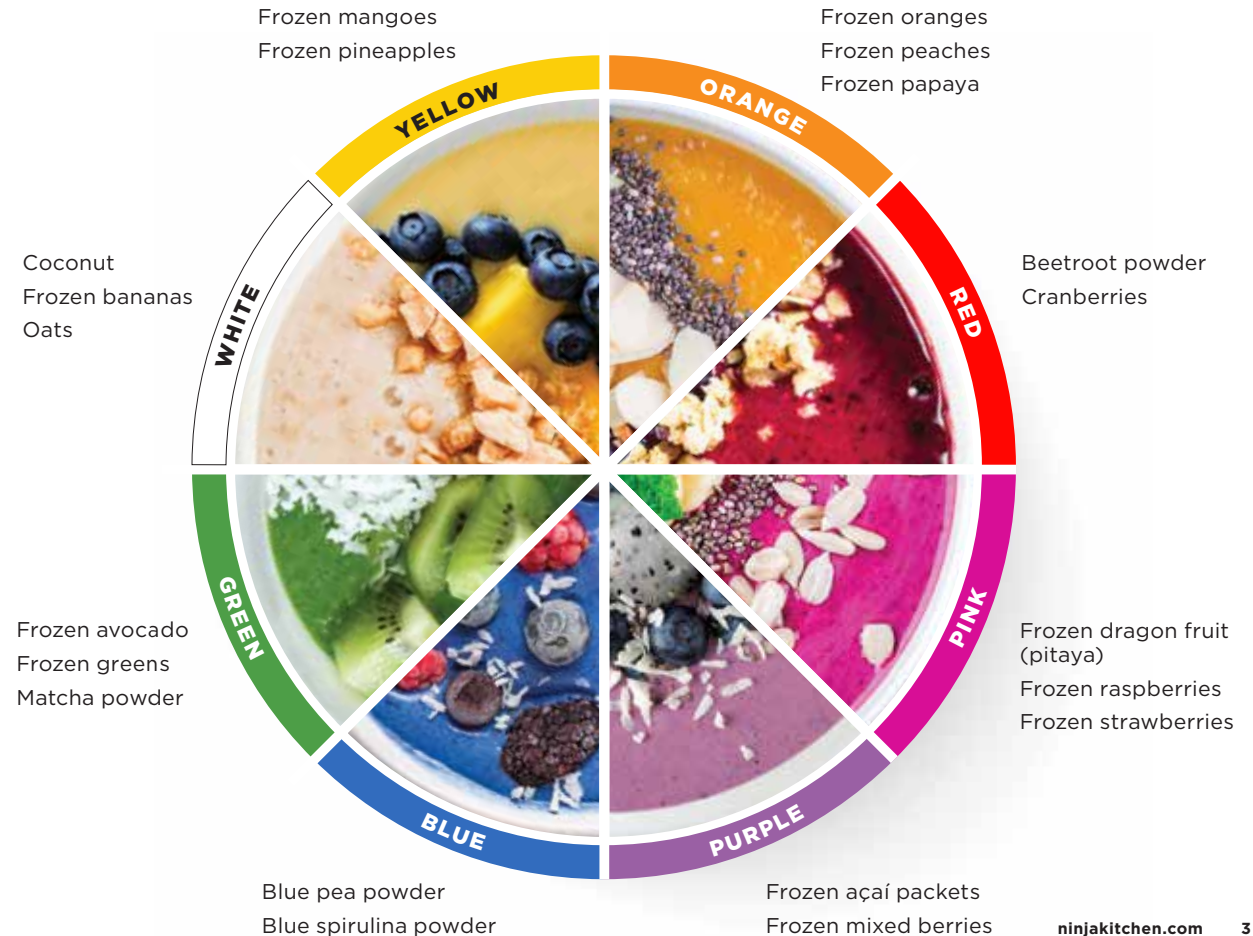
5.

After blending is complete, remove lid and blade assembly. Serve in separate bowls then add your favorite toppings, such as coconut flakes, granola, fresh bananas, berries, and agave nectar.



# Smoothie bowl color guide

Trying to make your bowl pop in a certain color?  
Use this ingredient guide to achieve the look you want.



# Blending 101

Tips to set yourself up for blending success.

## Do not go past the MAX LIQUID line when loading the pitcher.

Overfilling the pitcher with ingredients may harm the unit when in use. For best and smoothest results, follow the loading order below.

- 5  Top off with ice or frozen ingredients.
- 4  Next add any dry or sticky ingredients like seeds, powders, and nut butters.
- 3  Pour in liquid or yogurt next. For thinner results or a juice-like drink, add more liquid.
- 2  Next add leafy greens and herbs.
- 1  Start with fresh fruits and vegetables. For best results, cut into 1" pieces.



# Food prep 101

Tips to simplify your food processing and chopping.

Total Crushing® and Chopping Blade Assembly (Stacked Blade)



## PREPPING VEGETABLES

- Cut both ends off ingredients and remove any outer peels or skins.
- Cut ingredients such as carrots, cucumber, celery, and zucchini in 2" pieces, and broccoli or cauliflower florets into 1" pieces. Cut ingredients such as onions in quarters.



## PREPPING MEAT

- Trim excess fat and connective tissue. Cut meat in 2" cubes.

## CHOP PROGRAM

- Timed pulses and pauses give you consistent chopping results.
- Run program once for a large chop, twice for a small chop, and three times for a mince.



**WARNING:** Stacked Blade Assembly is sharp and not locked in place. Before pouring, carefully remove Stacked Blade Assembly. Failure to do so will result in a risk of laceration. Refer to the Ninja Owner's Guide for additional information.

# Dough basics 101

Tips and tricks for creating the perfect dough.



## KNEADING

Once a dough ball forms, remove it from the pitcher and place it on a lightly floured surface. Hand-knead the dough ball by folding the dough in half toward you. Then, using the palms of your hands, push the dough away from you. Re-fold, then turn dough ball 45 degrees and repeat. Kneading is complete when the dough is no longer sticky, is smooth on the outside, and bounces back when pressed with your fingers.



## PROOFING

Usually done for breads, proofing is when the dough is allowed to **rest and rise** one last time before baking. It gives bread a light and airy texture.

To create ideal proofing conditions, heat oven to 170°F. Place dough ball in a greased oven-safe bowl and cover loosely with plastic wrap. Once the oven has reached temperature, turn the oven off and place the bowl in the oven. Allow to proof in the residual heat until dough has doubled in size.



Dough Blade Assembly



For best dough mixing results, do not exceed the **MAX** dough lines, **DOUGH MAX** and **COOKIE MAX**, when filling the Pitcher. If a recipe exceeds these **MAX** lines, we recommend reducing the recipe by half. Refer to the chart below for unit conversions.

## KITCHEN CONVERSION CHART

ORIGINAL AMOUNT	HALF THE AMOUNT
1 cup	1/2 cup
3/4 cup	6 tbsp
2/3 cup	1/3 cup
1/2 cup	1/4 cup
1/3 cup	2 tbsp + 2 tsp
1/4 cup	2 tbsp
1 tbsp	1 1/2 tsp
1 tsp	1/2 tsp
1/2 tsp	1/4 tsp
1/4 tsp	1/8 tsp

# Dough basics 101 cont.

Loading tips for making different doughs and batters.



## COOKIES

Unit can make a max of 24 one (1) ounce cookies at a time.

- 1 Add sugars, cubed softened butter, eggs, and liquids (such as vanilla extract). Use the dial to select DOUGH, then press START/STOP.
- 2 Add all dry ingredients and run the DOUGH program again. If more mixing is needed, run on Speed 2 until combined.
- 3 Remove dough blade and add mix-ins (such as chocolate chips, raisins, and nuts). Stir to combine.



## BISCUITS, PIES & SCONES

Unit can make a max of 8 biscuits of scones or one 12" round pie crust at a time.

- 1 First add dry ingredients, cubed cold butter or shortening. Use the dial to select DOUGH, then press START/STOP.
- 2 Add cold liquids (such as cold milk or water) and run the DOUGH program again. If more mixing is needed, run on Speed 2 until combined.
- 3 Remove dough ball and knead to combine, if needed.



## PIZZAS, PRETZELS, BAGELS & BREAD DOUGHS

Unit can make a max of one 12" round pizza, 8 pretzels or bagels, or one loaf bread at a time.

- 1 First add liquids (such as water), yeast, and oil. Then add dry ingredients. Use the dial to select DOUGH, then press START/STOP.
- 2 Remove dough ball and knead to combine, if needed.



## CAKES, BROWNIES, MUFFINS & QUICK BREADS

Unit can make a max of one 12" round cake, one 8" x 8" pan brownies, 12 muffins, or one 8" x 4" loaf of quick bread, such as banana bread or pumpkin bread.

- 1 Add sugars, softened cubed butter/oils, eggs, and liquids (such as vanilla extract). Use the dial to select DOUGH, then press START/STOP.
- 2 Add all dry ingredients and run the DOUGH program again. If more mixing is needed, run on Speed 2 until combined.
- 3 Add mix-ins (such as chocolate chips, raisins, and nuts). Press Manual and with Speed 1 selected, press START/STOP. Blend until combined.

### DOUGH TOO DRY?

Add room temperature water 1 tablespoon at a time and pulse. Continue adding water until a dough ball forms.

### DOUGH TOO WET?

Add 1 tablespoon of flour at a time and pulse. Continue adding flour until dough releases from side of pitcher and dough ball forms.

# DOUGH KICKSTARTER

## Pizza Dough

**PREP:** 20 MINUTES | **RISE:** 45 MINUTES  
**CONTAINER:** 72-OUNCE PITCHER | **BAKE:** 20-25 MINUTES

### INGREDIENTS

1 (.25 oz.) packet active dry yeast	1/2 cup olive oil
1 teaspoon granulated sugar	3 cups all-purpose flour
1 cup warm water (110°-115°F)	1 teaspoon kosher salt

### DIRECTIONS



Install the dough blade in the 72-ounce Pitcher. Place the yeast, sugar, and warm water in the pitcher and allow to sit for 5 minutes.



After 5 minutes, add the olive oil, flour, and salt. Install the lid, then select DOUGH and press START/STOP.



Remove dough ball from pitcher and knead for two minutes. Refer to the Dough basics 101 page for information on how to knead.



Place dough ball in a lightly oiled bowl. Cover loosely with plastic wrap and allow to rise for 45 minutes or until dough has doubled in size. Refer to the Dough basics 101 page for tips on how to rise/proof the dough.



Once dough ball has risen, preheat oven to 425°F. Roll dough out into a 12" round and place on a greased baking sheet.



Add your favorite pizza toppings and bake for 20 to 25 minutes or until golden brown.

**TIP** Dough too dry? Dough too wet? Add 1 tablespoon of water or flour at a time and pulse until combined.

**TIP** For best cleaning results, wash the pitcher, lid, and blade assembly in the dishwasher.

# VARIABLE SPEED KICKSTARTER

## Almond Milk

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE PITCHER | **MAKES:** 4-6 SERVINGS

### INGREDIENTS

1 cup raw almonds, soaked for 8 hours or overnight, drained    3 cups water  
1 tablespoon raw honey

### DIRECTIONS



Install stacked blade in the 72-ounce Pitcher, then place all ingredients in the pitcher in the order listed.



Press MANUAL, then press START/STOP. Turn dial to steadily increase from Speed 1 to Speed 10 for 60 seconds.



Strain mixture through a cheesecloth or fine mesh strainer. Store in an airtight container in the refrigerator up to 5 days.





# Choose your own adventures



## Quick bread or muffins

### Step 1

- 1 **Install Stacked Blade in pitcher**
- 2 **Pick 1 fruit or veggie:**
  - 1 1/4 cup fruit or veggies, cut in 2" pieces, such as:
    - Banana, apple, pear, peach, mango
    - Carrot, zucchini, cooked pumpkin, cooked sweet potato, cooked butternut or acorn squash
  - 2 tablespoons cold water (only if using raw veggies)
- 3 **Run CHOP program twice**

### Step 2

- 1 **Swap out Stacked Blade for Dough Blade**
- 2 **Add all ingredients:**
  - 2 eggs
  - 1/2 cup canola oil
  - 1 cup granulated sugar
  - 1/4 cup brown sugar
  - 1 teaspoon extract of choice: vanilla lemon, orange, almond
- 3 **Run DOUGH program once**



### Step 3

- 1 **Add ingredients:**
  - 2 cups flour
  - 2 teaspoons baking powder
  - seasoning/spices of choice (cinnamon, nutmeg, ground ginger)
- 2 **Run DOUGH program once**
  - If more mixing is needed, run on Speed 2 until combined.

**TIP** Use a rubber spatula to scrape down sides of pitcher, as needed.

### Step 4

- 1 **Add mix-ins, such as:**
  - 1/2 cup walnuts, pecans, chocolate chips, dried fruit, and/or seeds
- 2 **Use Manual Speed 1, select START/STOP; blend until combined**
- 3 **Pour into prepared baking dish and bake at 350°F:**
  - 12 muffins: 15-20 minutes
  - One 8" x 4" loaf: 50-60 minutes

## Chopped salads



### Step 1

- 1 **Install Stacked Blade in pitcher**
- 2 **Add ingredients:**
  - 1/2 small onion, peeled, cut in 2" pieces
  - 1 stalk celery, cut in 2" pieces
  - 1 pickle, cut in 2" pieces
  - 1/4 cup fresh herbs: parsley, cilantro, basil dill
- 3 **Run CHOP program twice**

**TIP** Use a rubber spatula to scrape down sides of pitcher, as needed.

### Step 2

- 1 **Swap out Stacked Blade for Dough Blade**
- 2 **Pick a protein, such as:**
  - 1 pound cooked chicken or turkey, cut in 2" pieces
  - 4 cans (5 ounces each) tuna or crab meat, drained
  - 1 pound smoked salmon
  - 12 hard-boiled eggs, whole

### Step 3

- 1 **Add ingredients:**
  - 1/4 – 1/2 cup mayo, yogurt, or dressing
  - 2 tablespoons mustard
  - Juice of 1 lemon
- 2 **Add optional seasonings and mix-ins, such as:**
  - Curry powder, chipotle powder, paprika, cumin and/or ranch dressing
  - 1/4 cup nuts and/or dried fruit
- 3 **Use Manual Speed 1, select START/STOP; blend until desired consistency is reached**

### Step 4

- 1 **Serve:**
  - In sandwiches
  - On toast
  - On beds of lettuce

## Meat dishes



### Step 1

- 1 **Install Stacked Blade in pitcher**
- 2 **Add ingredients:**
  - 1/2 small onion, peeled, cut in 2" pieces
  - 2 cloves garlic, peeled
  - 1/4 cup fresh parsley leaves
- 3 **Run CHOP program twice**

**TIP** Use a rubber spatula to scrape down sides of pitcher, as needed.

### Step 2

- 1 **Swap out Stacked Blade for Dough Blade**
- 2 **Pick a protein, such as:**
  - 1 pound ground beef, turkey, pork, chicken, or lamb

### Step 3

- 1 **Add ingredients (meatloaf and meatballs only):**
  - 1 egg, 1/4 cup milk, and 1/2 cup breadcrumbs
- 2 **Add optional seasonings & mix-ins, such as:**
  - Chipotle powder, taco seasoning, Italian seasoning
  - 1/4 cup shredded cheese of choice
- 3 **Use Manual Speed 1, select START/STOP. Blend until desired consistency is reached**

### Step 4

- 1 **Shape into meatballs or patties or place in a prepared loaf pan, then cook until internal temperature reaches 165°F.**
  - One 8" x 4" meatloaf: 350°F for 40 minutes
  - 12 meatballs: 375°F for 30–40 minutes
  - 4 burgers: medium-high heat for 5–10 minutes

## Egg dishes



### Step 1

**1 Install Stacked Blade in pitcher**

**2 Add all ingredients:**

- 1/2 small onion, peeled, cut in 2" pieces
- 1/2 small bell pepper, cut in 2" pieces
- 1/4 cup fresh parsley leaves

**3 Run CHOP program twice**

**TIP** Use a rubber spatula to scrape down sides of pitcher, as needed.

### Step 2

**1 Swap out Stacked Blade for Dough Blade**

**2 Add all ingredients:**

- 8 eggs
- 1/4 cup milk
- 1/2 cup shredded cheese of choice
- 1/2 cup heavy cream (quiches and stratas only)

### Step 3

**1 Add mix-ins, such as:**

- 1 cup cooked veggies or meat: Asparagus, broccoli, kale, spinach, butternut squash, cauliflower, tomato, zucchini, sweet potato, sausage, ham, bacon

**2 Use Manual Speed 1, select START/STOP; blend until desired consistency is reached**

### Step 4

**1 Pour into prepared baking dish and bake at 375°F:**

- Muffin tin frittatas: 20–25 mins
- One 9" quiche: 45–55 mins
- One 8" x 8" strata: 30–35 mins

## Veggie dishes



### Step 1

**1 Install Stacked Blade in pitcher**

**2 Pick 2 veggies, such as:**

- 1/2 small onion, peeled, cut in 2" pieces
- 1/2 small bell pepper, cut in 2" pieces
- 1 stalk celery, cut in 2" pieces
- 1/2 carrot, cut in 2" pieces

**3 Pick 2 aromatics (optional):**

- 2 cloves garlic, peeled
- 1-inch piece of ginger, peeled
- 1/4 cup fresh parsley leaves
- 1/4 cup fresh cilantro leaves

**4 Run CHOP program twice**

**TIP** Use a rubber spatula to scrape down sides of pitcher, as needed.

### Step 2

**1 Select a vegetable, such as:**

- 1 can beans (15.5 ounces), drained, such as black beans, chickpeas
- 12 ounces cooked broccoli
- 12 ounces cooked cauliflower
- 1 can (14 ounces) jackfruit, drained, shredded

**2 Run CHOP program twice**

### Step 3

**1 Swap Stacked Blade for Dough Blade**

**2 Choose binding ingredients:**

- 1 (15.5 ounce) can beans, drained, such as black beans, chickpeas
- 1 egg and 1/2 cup breadcrumbs
- OR
- 1/2–1 cup shredded cheese
- 1 egg and 1/2 cup breadcrumbs

**3 Add optional seasonings & mix-ins, such as:**

- Taco seasoning, curry, BBQ, ranch, chipotle
- 1/4 cup Frozen or fresh, corn, peas or nuts

### Step 4

**1 Shape into desired form or place in prepared pan, then cook:**

- Veggie burgers: medium-high heat for 8 mins
- Veggie tots: 450°F for 20–25 minutes
- Fillings: 400°F for 30–40 minutes
- Stuffing: 400°F for 40–45 minutes



POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

# DRAGON FRUIT BOWL

**PREP:** 5 MINUTES

**CONTAINER:** 72-OUNCE PITCHER

**MAKES:** 3-4 SERVINGS

## INGREDIENTS

Coconut milk

Frozen dragon fruit

Frozen pineapple chunks

Sweetener of choice, as desired

72-OUNCE  
PITCHER



STACKED BLADE

## DIRECTIONS

1. Install stacked blade in the 72-ounce Pitcher.
2. Pour coconut milk into the pitcher, filling to the 16 oz. line.
3. Add frozen dragon fruit and frozen pineapple and sweetener (optional) up to, but not exceeding, the 44 oz. line. Install the lid.
4. Select BOWL, then press START/STOP. If more blending is needed, run on Speed 10 until combined.
5. Remove lid and stacked blade from pitcher after blending.
6. Decorate with toppings of your choice and serve.



POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

## MANGO TANGO BOWL

**PREP:** 5 MINUTES

**CONTAINER:** 72-OUNCE PITCHER

**MAKES:** 3-4 SERVINGS

### INGREDIENTS

Whole milk

Frozen mango chunks

Frozen strawberries

Frozen peach slices

Sweetener of choice, as desired

### DIRECTIONS

1. Install stacked blade in the 72-ounce Pitcher.
2. Pour whole milk into the pitcher, filling to the 16 oz. line.
3. Add frozen mango chunks, frozen strawberries, and frozen peaches and sweetener (optional) up to, but not exceeding, the 44 oz. line. Install the lid.
4. Select BOWL, then press START/STOP. If more blending is needed, run on Speed 10 until combined.
5. Remove lid and stacked blade from pitcher after blending.
6. Decorate with toppings of your choice and serve.

72-OUNCE  
PITCHER



STACKED BLADE



POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

# MEATBALLS

**PREP:** 10 MINUTES

**COOK:** 40 MINUTES

**CONTAINER:** 72-OUNCE PITCHER

**MAKES:** 4 SERVINGS

## INGREDIENTS

1/4 cup milk

1/2 cup bread crumbs

1/4 small onion, peeled, cut in 2-inch pieces

2 cloves garlic, peeled

1/4 cup parsley leaves, chopped

1 pound uncooked ground beef

1/4 cup shredded Parmesan

1/2 teaspoon crushed red pepper

1 egg, beaten

Kosher salt, as desired

Ground black pepper, as desired

2 tablespoons all-purpose flour

1 tablespoon canola oil

1 jar (25 ounces) marinara or pasta sauce

72-OUNCE  
PITCHER



STACKED BLADE

72-OUNCE  
PITCHER



DOUGH BLADE

## DIRECTIONS

1. Preheat oven to 375°F.
2. Combine milk and bread crumbs in a small bowl and set aside.
3. Install stacked blade in the 72-ounce Pitcher. Place onion, garlic, and parsley in pitcher. Select CHOP and press START/STOP. Once processing is complete run CHOP program again.
4. Remove stacked blade. Install dough blade.
5. Place beef, bread crumb mixture, Parmesan, chili flakes, egg, salt, and pepper in pitcher.
6. Select Speed 1 and run until desired consistency is reached. Remove lid and dough blade.
7. Using your hands or a 1" scoop, form meat mixture into 12 meatballs. Coat in flour.
8. Heat a large sauté pan over medium high heat. Add oil, and cook meatballs until golden brown, turning frequently.
9. Pour pasta sauce into an 8" x 8" baking dish. Place meatballs into dish and place casserole dish in oven. Cook meatballs for 40 minutes or until the internal temperature reaches 165°F.

**TIP** For best cleaning results, wash the pitcher, lid, and blade assembly in the dishwasher.



POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

# VEGGIE BURGERS

**PREP:** 5 MINUTES

**COOK:** 8 MINUTES

**CONTAINER:** 72-OUNCE PITCHER

**MAKES:** 4 BURGERS

## INGREDIENTS

1/2 red onion, peeled, cut in half

2 cloves garlic, peeled

2 cans black beans, rinsed, drained, divided

1 canned chipotle pepper in adobo sauce,  
plus 3 teaspoons adobo sauce

2 teaspoons ground cumin

1 teaspoon kosher salt

1 teaspoon ground black pepper

2 tablespoons salsa

1 egg

1/2 cup panko breadcrumbs

1/2 cup corn (fresh, canned, or thawed frozen)

2 tablespoons canola oil

1 head butter lettuce, leaves separated

1 avocado, sliced

72-OUNCE  
PITCHER



STACKED BLADE

## DIRECTIONS

1. Install stacked blade in the 72-ounce Pitcher. Place onion and garlic in the pitcher. Select CHOP and press START/STOP.
2. When program is complete, add half the beans, then add the chipotle pepper, adobo sauce, cumin, salt, pepper, salsa, and egg to pitcher. Select CHOP and press START/STOP.
3. Once processing is complete, run CHOP program again.
4. When program is complete, remove stacked blade from pitcher and transfer black bean mixture to a bowl. Add breadcrumbs, corn, and remaining black beans to the bowl and combine evenly.
5. Form 4 patties with the mixture. Heat oil in a pan over medium-high heat, then cook burgers for 4 minutes on each side.
6. When cooking is complete, serve burgers nested in lettuce leaves and topped with sliced avocado.

**TIP** For best cleaning results, wash the pitcher, lid, and blade assembly in the dishwasher.



POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

# GARLIC & HERB FOCACCIA

**PREP:** 15 MINUTES

**RISE:** 1 HOUR 20 MINUTES

**BAKE:** 20 MINUTES

**CONTAINER:** 72-OUNCE PITCHER

**MAKES:** 12-16 SERVINGS

## INGREDIENTS

1 cup warm water (110°–115°F)

1 (.25oz) packet Active Dry Yeast

1 teaspoon granulated sugar

1/2 red onion, ends trimmed, skin removed, quartered

4 garlic cloves, peeled

1/2 bunch parsley

1/2 cup olive oil

3 cups all-purpose flour

1 teaspoon kosher salt

1/2 cup Parmesan cheese, shredded

## DIRECTIONS

1. In a small bowl combine the yeast, sugar, and warm water in the bowl and allow to sit for 5 minutes.
2. While the yeast is blooming, add the chopping blade to the pitcher, then add the onion. Install the lid and select CHOP then press START/STOP. Once processing is complete run CHOP program again. Remove onion from pitcher and set aside.
3. Add garlic and parsley to the pitcher and install the lid. Select CHOP then press START/STOP. Once processing is complete run CHOP program again.
4. Once program is complete, remove lid and chopping blade then insert the dough blade.
5. Add the yeast mixture to the pitcher along with oil, flour and salt. Install the lid and select DOUGH then press START/STOP.
6. Once processing is complete, remove the lid and dough blade from the pitcher. Place dough onto a floured surface and knead for 5 minutes.
7. After 5 minutes, transfer to a greased bowl then cover with plastic wrap. Allow to rise in a warm place for 1 hour or until the dough has doubled in size.
8. Once dough has risen, transfer dough to a greased 9" x 13" pan and evenly press into the pan, cover with plastic wrap and allow to rise for another 20 minutes.
9. After 20 minutes, preheat oven to 425°F. Use your fingers to dimple the dough, drizzle the top with olive oil and sprinkle with reserved chopped onion, salt, and parmesan cheese.
10. Place pan in the oven and bake for 20 minutes or until golden brown.

**TIP** For best cleaning results, wash the pitcher, lid, and blade assembly in the dishwasher.

72-OUNCE PITCHER



STACKED BLADE

72-OUNCE PITCHER



DOUGH BLADE





POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

# BANANA BREAD

**PREP:** 5 MINUTES

**BAKE:** 50-60 MINUTES (LOAF); 20-25 MINUTES (MUFFINS)

**CONTAINER:** 72-OUNCE PITCHER

**MAKES:** 1 LOAF OR 12 MUFFINS

## INGREDIENTS

1-2 over-ripe medium bananas, cut in quarters

2 eggs

1/2 cup canola oil

1 cup white sugar

1/4 cup brown sugar

1 teaspoon vanilla

2 cups all-purpose flour

2 teaspoons baking powder

1 teaspoon kosher salt

1 teaspoon ground cinnamon

## MIX-INS

Chocolate chips

Chopped nuts, such as walnuts

**TIP** Use a rubber spatula to scrape down sides of pitcher, as needed.

**TIP** For best cleaning results, wash the pitcher, lid, and blade assembly in the dishwasher.

72-OUNCE  
PITCHER



STACKED BLADE

72-OUNCE  
PITCHER



DOUGH BLADE

## DIRECTIONS

1. Preheat oven to 350°F. Grease an 8" x 4" loaf pan or 12-cup muffin tin and set aside.
2. Install stacked blade in the 72-ounce Pitcher. Place banana in the pitcher. Select CHOP and press START/STOP. Once processing is complete, run CHOP program again.
3. When program is complete, remove stacked blade. Install dough blade in the pitcher, then add eggs, oil, sugars, and vanilla. Select DOUGH and press START/STOP.
4. When program is complete, add remaining ingredients to the pitcher. Select DOUGH and press START/STOP. If more mixing is needed, run on Speed 2 until combined.
5. When program is complete, add 1/2 cup of mix-ins of your choice (optional). Use Manual Speed 1, select START/STOP; bend until combined.
6. Pour batter into prepared pan and bake for 50 to 60 minutes (loaf) or 20 to 25 minutes (muffins), or until a wooden toothpick inserted in the center comes out clean.



POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

# STRAWBERRY CHEESECAKE ICE CREAM

**PREP:** 5 MINUTES

**FREEZE:** 15 MINUTES-3 HOURS

**CONTAINER:** 72-OUNCE PITCHER

**MAKES:** 6-8 SERVINGS

## INGREDIENTS

- 1/2 cup light cream
- 1/2 package (4 ounces) cream cheese
- 1 tablespoon fresh lemon juice
- 1 teaspoon vanilla extract
- 1/3 cup granulated sugar
- 2 cups frozen sliced strawberries

## DIRECTIONS

1. Install stacked blade in the 72-ounce Pitcher, then place all ingredients into the pitcher in the order listed.
2. Press MANUAL, then press START/STOP. Turn dial to steadily increase from Speed 1 to Speed 10 and blend until evenly mixed. Stop and scrape down sides of pitcher, as needed.
3. Remove mixture from the pitcher and place in the freezer for at least 30 minutes before serving. If you prefer a hard ice cream consistency, pour mixture into a loaf pan and freeze for 2 to 3 hours, or until hardened.

72-OUNCE  
PITCHER



STACKED BLADE



POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

## DATE BITES

**PREP:** 10 MINUTES

**CONTAINER:** 72-OUNCE PITCHER

**MAKES:** 12 SERVINGS

### INGREDIENTS

2 cups medjool dates, pits removed

1/2 cup raw almonds

1/2 cup rolled oats

1/4 cup creamy peanut butter

1 tablespoon ground coffee

1/2 teaspoon kosher salt

1/2 cup shredded toasted coconut

### DIRECTIONS

1. Install stacked blade in the 72-ounce Pitcher, then place all ingredients into the pitcher in the order listed.
2. PULSE 10 to 12 times or until desired consistency is reached.
3. Use your hands to form 1-inch balls. Refrigerate for at least 30 minutes prior to serving.

72-OUNCE  
PITCHER



STACKED BLADE

**TIP** For best cleaning results, wash the pitcher, lid, and blade assembly in the dishwasher.



POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

## GREEN REFRESHER

**PREP:** 5 MINUTES

**CONTAINER:** 72-OUNCE PITCHER

**MAKES:** 2 SERVINGS

### INGREDIENTS

1/2 cup cucumber, cut in 1-inch pieces

1 cup honeydew, cut in 1-inch pieces

2-inch piece ginger, peeled, cut in quarters

1 cup baby spinach

1 cup coconut water

2 cup frozen pineapple chunks

72-OUNCE  
PITCHER



STACKED BLADE

### DIRECTIONS

1. Install stacked blade in the 72-ounce Pitcher, then place all ingredients into the pitcher in the order listed.
2. Select SMOOTHIE and press START/STOP.



POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

## SUNSET SMOOTHIE

**PREP:** 5 MINUTES

**CONTAINER:** 72-OUNCE PITCHER

**MAKES:** 2 SERVINGS

### INGREDIENTS

- 1 cup pineapple chunks
- 1 orange, peeled, cut in half
- 1 cup orange juice
- 1 cup frozen mango chunks
- 1 cup frozen strawberries

72-OUNCE  
PITCHER



STACKED BLADE

### DIRECTIONS

1. Install stacked blade in the 72-ounce Pitcher, then place all ingredients into the pitcher in the order listed.
2. Select SMOOTHIE and press START/STOP.

# NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**NINJA**  
**Foodi**

**POWER BLENDER  
& PROCESSOR**

SS200\_IG\_10Recipe\_REV\_Mv3

FOODI, NINJA, and TOTAL CRUSHING are registered trademarks of SharkNinja Operating LLC.

© 2021 SharkNinja Operating LLC