

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



# NINJA® Foodi

**POWER BLENDER  
& PROCESSOR SYSTEM**

with Nutrient Extractor\*

# QUICK START GUIDE



## What's in the Box



**Base**



**Power Blender  
& Processor Pitcher  
with Lid**



**Total Crushing®  
& Chopping Blade  
Assembly  
(Stacked Blade Assembly)**



**Dough Blade  
Assembly**



**Nutrient Extraction\* Cup  
with Spout Lid**



**Hybrid Edge™  
Blades Assembly**

\*Extract a drink containing vitamins and nutrients from fruits and vegetables.

# AUTO-iQ<sup>®</sup> MODE

Intelligent preset programs combine unique blending and pausing patterns that do the work for you. Once a preset program is selected, it will start immediately and automatically stop when blending is complete.

## DIAL

Use the dial to select the desired program, then press START/STOP to begin.

## POWER

Use the power button to turn the unit on or off.



### SMOOTHIE

Fruit Smoothies  
Frozen Drinks

### BOWL

Smoothie Bowl  
Sorbet

### CHOP

Mirepoix  
Veggie Chop

### DOUGH

Cookies  
Pizza



Use **drinkable** programs with the **single-serve cup**

### EXTRACT

Green Drinks  
Refresher

### SMOOTHIE

Fruit Smoothies  
Protein Drinks

#### TIP:

The unit can detect which container is installed on the motor base. Only the functions available for a particular container will illuminate on the control panel.

# MANUAL MODE

Go manual for total control of your blending speed and textures. Dial down the speed for heavy loads like dough, or crank up the speed for smoothies. Continuously runs up to 60 seconds. Press START/STOP at any time to end program sooner.

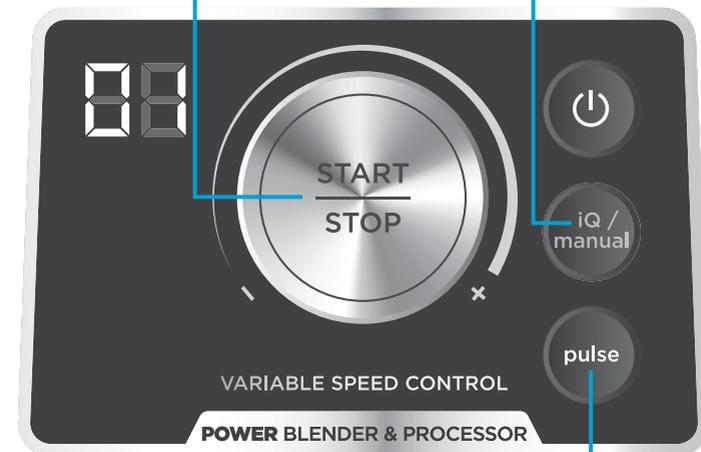
**NOTE:** In Manual mode, Auto-iQ<sup>®</sup> programs will not illuminate on the control panel.

## DIAL

Turn the dial from speed 1 to speed 10. Press START/STOP to begin and end blending.

## IQ/MANUAL

Toggle between Auto-iQ Mode and Manual Mode.



## PULSE

Use short presses for short pulses and long presses for long pulses.

## USING VARIABLE SPEED CONTROL & THE PITCHER

**NOTE: IF USING MANUAL SPEEDS WITH THE DOUGH BLADE ASSEMBLY, ONLY USE SPEEDS 1 OR 2.**

### START SLOW

Always start at a low speed (1-3) to better incorporate ingredients and prevent them from sticking to the sides of the vessel.

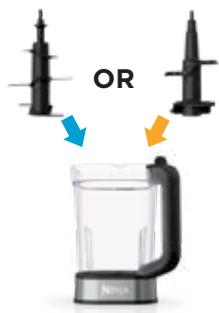
### DIAL UP THE SPEED

Smoother blends call for higher speeds. Low speeds are great for chopping veggies and mixing dough, but you'll need to ramp up for purees and dressings.

### HIGH-SPEED BLENDING

Blend until your desired consistency is reached. The longer you blend, the better the breakdown and smoother the outcome will be.

# Assembling the Power Blender & Processor Pitcher



1.

Holding the blade assembly by the top of the shaft, insert it into the pitcher.



2.

Fill pitcher with desired ingredients. Install the lid, then lower lid handle to lock in place.



3.

Place pitcher on base. Slightly align handle to the right so the LOCK symbols are visible on the motor base. Rotate clockwise until pitcher clicks into place.

## Blending

PRESS THE POWER BUTTON TO TURN THE UNIT ON.



1.

Use the dial to select an Auto-iQ® program or manual speed, then press START/STOP to begin blending.



2.

When blending is complete, turn pitcher counterclockwise and lift to remove.



3.

To pour out thinner mixtures, ensure lid is locked in place, then open pour spout.

**NOTE:** If using manual speeds with the Dough Blade Assembly, only use speeds 1 or 2.



## For thicker mixtures

Press **RELEASE** button and lift handle to remove lid, then carefully lift out blade assembly before removing contents. Remove contents from blade assembly by using a spatula.

**WARNING:** Blade assembly is sharp and not locked in place. Make sure lid is locked onto pitcher before pouring contents. If pouring without lid, carefully remove blade assembly first. Failure to do so will result in a risk of laceration. Refer to the Ninja Owner's Guide for additional information.

# Dough making 101

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.



## 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.



## BISCUITS, PIES & SCONES

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

- 1 First add dry ingredients and cold, cubed 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.



## CAKES, BROWNIES, MUFFINS & QUICK BREADS

Unit can make a max of one 12" round cake, one 8"x8" pan brownies, 12 muffins, or one 8"x4" loaf of quick bread, such as banana bread or pumpkin bread.

- 1 Add sugars; oil or 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 Add mix-ins (such as chocolate chips, raisins, and nuts). Press iQ/Manual, and, with Speed 1 selected, press START/STOP. Blend until combined.

# Food prep 101



## 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.



**DID YOU KNOW?**  
Smoothie bowls are **thicker & spoonable**, compared to smoothies which are thinner & drinkable.

# SMOOTHIE BOWL BASICS

## 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.

## Assembling the Nutrient Extraction\* Cup



**1.**

Fill container with desired contents. Screw on the blade assembly until you have a tight seal.



**2.**

Flip container upside down and install on base. Rotate clockwise until it clicks into place.

## Blending

**PRESS THE POWER ⏻ BUTTON TO TURN THE UNIT ON.**



**1.**

Use the dial to select an Auto-iQ® program or manual speed, then press **START/STOP** to begin blending.



**2.**

When blending is complete, remove the container from base. Then, remove the blade assembly from container.

## Taking It To Go?

Place the Spout Lid on top of the cup, and turn clockwise to seal.

**NOTE: DO NOT** microwave or freeze the Nutrient Extraction\* Cup.



**WARNING:** Handle the blade assembly with care, as the blades are sharp.

\*Extract a drink containing vitamins and nutrients from fruits and vegetables.

# Cleaning

## STUCK-ON INGREDIENTS IN THE PITCHER?

**NOTE:** For best results, use a dishwasher to remove stuck-on ingredients.

1. Rinse the pitcher and blade assembly under **WARM WATER** after processing.
2. With blade assembly installed, fill pitcher with warm water up to the **DOUGH MAX** line and add **1 or 2 SMALL DROPS** of dish soap.
3. Install the lid, and ensure the pour spout is securely closed.
4. Use the dial to select **SMOOTHIE** and press START/STOP.
5. Once complete, empty contents and rinse under warm water. Use a dishwashing utensil with a handle to remove excess residue, such as stuck-on doughs and batters.



### STUCK-ON INGREDIENTS IN THE CUP:

Fill the cup halfway with warm water and add 1 small drop of dish soap and run the SMOOTHIE program. Refer to the Care & Maintenance section in the Owner's Guide for more information.



### Dishwasher

Containers, lids, and blade assemblies are all dishwasher safe.



### Hand-Washing

Wash containers, lids, and blade assemblies in warm, soapy water. When washing the blade assemblies, use a dishwashing utensil with a handle to remove excess residue, such as when dealing with stuck-on ingredients, like doughs and batters.



**WARNING:** Handle the blade assemblies with care when washing, as the blades are sharp. Contact with the blades' edges can result in laceration.

For questions or to register your product, visit us online at [ninjakitchen.com](http://ninjakitchen.com)



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