

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



# NINJA® Foodi

**POWER BLENDER  
PROCESSOR SYSTEM**

with Nutrient Extraction\* Cup & XL Smoothie Bowl Maker

# 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**



**XL Smoothie Bowl  
Maker with Storage Lid**



**Hybrid Edge™  
Blades Assembly**



**Cleaning Brush**

Use to remove excess residue when cleaning, such as when dealing with stuck-on ingredients, like doughs and batters.

\*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

**CHOP**  
Mirepoix  
Veggie Chop

**SPREAD**  
Sauces  
Dips

**DOUGH**  
Cookies  
Pizza

**BOWL**  
Smoothie Bowl  
Sorbet



Use **drinkable** programs with the **Single-Serve Cup**

**EXTRACT**  
Green Drinks  
Refresher

**SMOOTHIE**  
Fruit Smoothies  
Protein Drinks



Use **spoonable** programs with the **XL Smoothie Bowl Maker**

**SPREAD**  
Nut Butter  
Hummus

**BOWL**  
Smoothie Bowl  
Fro-Yo

### 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.

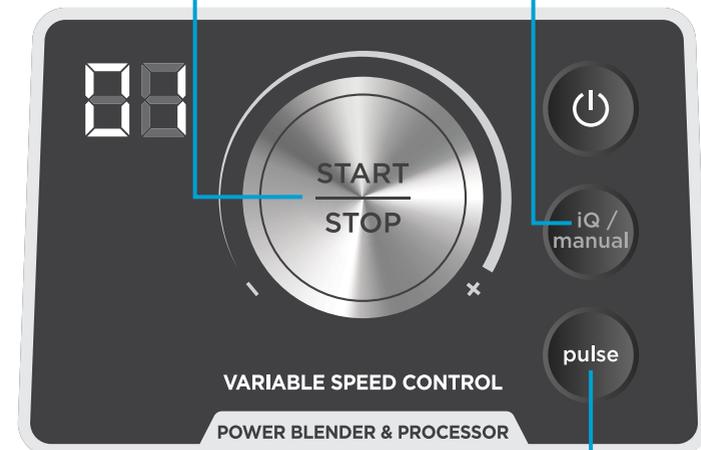
## DIAL

Turn the dial from speed 1 to speed 8. Press START/STOP to begin and end blending.

**NOTE:** Only speed 8 is available when using the Single-Serve Cup or XL Smoothie Bowl Maker.

## 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 POWER BLENDER & PROCESSOR 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.

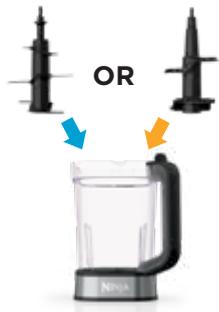
### DIAL UP THE SPEED

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.

## Assembling the XL Smoothie Bowl Maker Bowl & Nutrient Extraction\* Cup



OR

1.

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



OR

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.



IF USING SINGLE-SERVE CUP, SKIP STEP 2.

2.

If using the XL Smoothie Bowl Maker, twist the built-in tamper counterclockwise **continuously** while processing.



3.

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

### Taking It To Go?

Place the Storage Lid or Spout Lid on top of the bowl maker or cup, and turn clockwise to seal.

**NOTE: DO NOT** microwave or freeze the XL Smoothie Bowl Maker or Single-Serve Cup.



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

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



#### DID YOU KNOW?

Smoothie bowls are **thicker & spoonable**, compared to smoothies which are thinner & drinkable.

# SMOOTHIE BOWL BASICS

## USING THE XL SMOOTHIE BOWL MAKER



1.

Add milk, or milk alternative such as soy, coconut, almond, or oat milk, up to the **LIQUID FILL** line.

**ALWAYS DO THIS FIRST.**



2.

Add **frozen fruit**, directly from freezer, and/or açaí or dragon fruit packets, up to the **MAX FILL** line.

Cut larger fruit, like bananas, in quarters. **If using açaí or dragon fruit packets, thaw slightly and cut in quarters.**



3. (Optional)

Amplify your base by adding 1 scoop of yogurt, flavor powder, protein powder, and/or nut butter.



4.

Screw on the blade assembly and install the bowl maker on the motor base.

Select **BOWL** and press START/STOP. Twist the built-in tamper **counterclockwise continuously** while processing.



5.

After blending is complete, add your favorite toppings, such as coconut flakes, granola, fresh bananas, berries, and agave nectar.

# Cleaning

## STUCK-ON INGREDIENTS IN THE XL SMOOTHIE BOWL MAKER?

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

1. Rinse the bowl maker and blade assembly under **WARM WATER** after processing.
2. Fill the bowl maker with warm water up to the top of the built-in tamper and add **1 or 2 SMALL DROPS** of dish soap.
3. Select **BOWL** and press **START/STOP**. Twist the built-in tamper **counterclockwise continuously** while processing.
4. Once complete, empty contents and rinse under warm water.



**NOTE:** The built-in tamper in the XL Smoothie Bowl Maker is not removable.



### STUCK-ON INGREDIENTS IN THE PITCHER OR CUP:

Fill pitcher with warm water up to the **DOUGH MAX** line and add **1 or 2 small drops** of dish soap. For the cup, fill halfway with warm water and add **1 small drop** of dish soap. Run the **BOWL** program. Once complete, empty contents and rinse under warm water. Refer to 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. Use the included cleaning brush 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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