

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



NINJA®

BLENDER DUO®

WITH

Micro-Juice™ Technology

15 DELICIOUS RECIPES



YOUR GUIDE TO BLENDING AND JUICING.

Welcome to the Ninja Blender Duo® 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 and smoothies to juices, extractions, dips, and sauces—all in your blender. Now let's get started.

For more exciting delicious recipes,
visit ninjakitchen.com

TABLE OF CONTENTS

STORING WITH DRINKSAVER™	3
LOADING TIPS FOR JUICE MAKING	4
LOADING TIPS FOR BLENDING	6
SMOOTHIES & JUICES	8
DIPS & SAUCES	28
DESSERTS & SNACKS	34



POWERFUL BLENDER & JUICE-MAKER. ALL IN ONE.

2 WAYS TO STORE WITH DRINKSAVER™

Nutrient Extraction*

FULL BODIED

HIGH IN FIBER

Crush ice and pulverize tough ingredients with our High-Speed Total Crushing® & Extraction Blades.

*Extract a nutritious drink from whole fruits and vegetables

Juice

LIGHT

REFRESHING

Built-in vacuum removes air for smooth textures and less foam. Micro-Juice™ Filter removes pulp for hands-free straining.

Press the DrinkSaver button after blending to remove air and keep drinks fresh up to 48 hours. Store in your refrigerator, and open when ready to enjoy.

72 OZ.* PITCHER

Make a big batch of nutrient extractions* or juices.

20 OZ. SINGLE-SERVE BLENDING CUP

Make nutrient extractions** right in the cup.

*64-oz max liquid capacity.

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





WHEN MAKING JUICE

loading order matters.

PRO TIPS

- Peel citrus fruits completely.
- Cut all ingredients into 1-inch pieces.
- Use only ½ cup total of any highly fibrous or seeded ingredients.

STEP 1
Insert Micro-Juice™ Filter into the pitcher



STEP 2
Add one or more of these ingredients (2 cups total)



Orange

Cantaloupe



Grapefruit

Honeydew



Watermelon

Celery



Pineapple

STEP 3
Add one or more of these ingredients (½ cup total)



Apple



Strawberry



Lemon



Raspberry



Beet



Blueberry



Carrot



Spinach

STEP 4
1 cup



Water



Coconut Water

STEP 5
1 tablespoon



Mint



Basil



Parsley



Cilantro



Ginger

STEP 6
½ cup



Ice

STEP 7
Press JUICE



WHEN BLENDING

LOADING TIPS FOR THE BLENDING CUP

Do not go past the MAX LIQUID line when loading the cup. Overfilling ingredients may harm the unit when in use. If you feel resistance when attaching the Pro Extractor Blades® Assembly to the cup, remove some ingredients.



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 as desired.

2



Next add leafy greens and herbs.

1



Start by adding fresh fruits and vegetables.

PREP TIPS

For best results, cut ingredients in 1-inch pieces. Place frozen ingredients in the cup last.

LOADING TIPS FOR THE PITCHER

Do not go past the MAX LIQUID line when loading the pitcher. Overfilling ingredients may harm the unit when in use. Load ice or frozen ingredients first, and softer, water-dense ingredients on top. This will create a vortex in the pitcher that makes for a smooth breakdown of ingredients.



5



Top off with fresh fruits and vegetables.

4



Next add leafy greens and herbs.

3



Pour in liquid or yogurt next. For thinner results or a juice-like drink, add more liquid.

2



Next add any dry or sticky ingredients like seeds, powders, and nut butters.

1



Start with ice or frozen ingredients.

PREP TIPS

For best results, cut ingredients in 1-inch pieces.

SMOOTHIES & JUICES

CHERRY REVITALIZER

PREP: 5 MINUTES

CONTAINER: 72-OUNCE PITCHER
(64 oz. max liquid capacity)

MAKES: 2 SERVINGS

INGREDIENTS

2 cups frozen sweet cherries

1/4 teaspoon ground cinnamon

1 cup water

1 cup spinach

1 pear, cut in 1-inch pieces, stem removed



DIRECTIONS

- 1 Place all ingredients into the 72-ounce pitcher in the order listed.
- 2 Select **SMOOTHIE**.

PRO TIP To keep your drink fresh up to 48 hours after blending, place the pitcher on the base, attach the pitcher lid, and press DRINKSAVER.

For added convenience, pour drink into the single-serve blending cup, attach the sealed spout lid, place cup on base, and press DRINKSAVER.



ISLAND AVOCADO SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 20-OUNCE SINGLE-SERVE BLENDING CUP

MAKES: 1 SERVING

INGREDIENTS

1/2 avocado, peeled, cut in quarters, pit removed

1 large banana, cut in quarters

1 tablespoon ginger, peeled

6 mint leaves

1 cup chilled coconut water

1/2 cup frozen pineapple chunks

DIRECTIONS

- 1** Place all ingredients into the 20-ounce single-serve blending cup in the order listed.
- 2** Select **SMOOTHIE**.
- 3** Attach sealed spout lid for on-the-go convenience.

PRO TIP To keep your drink fresh up to 48 hours after blending, place the cup on the base and press DRINKSAVER.

For added convenience, after blending twist on the sealed spout lid, place cup on base, and press DRINKSAVER.





POMEGRANATE BERRY EXTRACTION

PREP: 5 MINUTES

CONTAINER: 72-OUNCE PITCHER
(64 oz. max liquid capacity)

MAKES: 3 SERVINGS

INGREDIENTS

- 1 cup ice cubes
- 2 cups whole frozen strawberries
- 2 cups pomegranate juice
- 1/4 beet, peeled
- 3/4 cup cantaloupe chunks
- 1 cup orange, peeled, cut in quarters, pith removed

DIRECTIONS

- 1 Place all ingredients into the 72-ounce pitcher in the order listed.
- 2 Select **EXTRACT**.

PRO TIP To keep your drink fresh up to 48 hours after blending, place the pitcher on the base, attach the pitcher lid, and press DRINKSAVER.
For added convenience, pour drink into the single-serve blending cup, attach the sealed spout lid, place cup on base, and press DRINKSAVER.





RASPBERRY ORANGE SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 72-OUNCE PITCHER
(64 oz. max liquid capacity)

MAKES: 2 SERVINGS

INGREDIENTS

- 1 1/2 cups ice cubes
- 1 1/2 cups vanilla Greek yogurt
- 3 medium navel oranges, peeled, cut in quarters
- 2 cups raspberries

DIRECTIONS

- 1 Place all ingredients into the 72-ounce pitcher in the order listed.
- 2 Select **SMOOTHIE**.





PINEAPPLE MARGARITA

PREP: 5 MINUTES

CONTAINER: 20-OUNCE SINGLE-SERVE BLENDING CUP

MAKES: 2 SERVINGS

INGREDIENTS

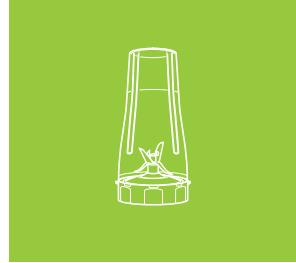
1 tablespoon lime juice

1/4 cup pineapple juice

1/4 cup triple sec

1/2 cup silver tequila

1 1/2 cup frozen pineapple chunks



DIRECTIONS

- 1** Place all ingredients into the 20-ounce single-serve blending cup in the order listed.
- 2** Select **FROZEN DRINK**.
- 3** Attach sealed spout lid for on-the-go convenience.



PIÑA COLADA

PREP: 5 MINUTES

CONTAINER: 72-OUNCE PITCHER
(64 oz. max liquid capacity)

MAKES: 6 SERVINGS

INGREDIENTS

3 cups ice cubes

1 can (15 ounces) sweetened cream of coconut

1 1/2 cups white rum

1/4 cup dark rum

1/4 cup key lime juice

3 cups fresh pineapple, cut in 1-inch chunks



DIRECTIONS

1 Place all ingredients into the 72-ounce pitcher in the order listed.

2 Select **FROZEN DRINK**.



CUCUMBER MELON REFRESHER

PREP: 5 MINUTES

CONTAINER: 20-OUNCE SINGLE-SERVE BLENDING CUP

MAKES: 2 SERVINGS

INGREDIENTS

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

1 cup honeydew melon, cut in 1-inch pieces

1/2 cup spinach

1/2 cup water

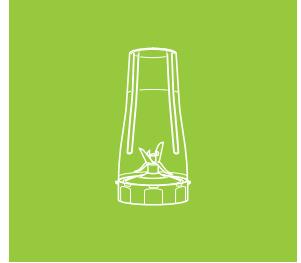
1/4 cup ice cubes

DIRECTIONS

- 1 Place all ingredients into the 20-ounce single-serve blending cup in the order listed.
- 2 Select **EXTRACT**.
- 3 Attach sealed spout lid for on-the-go convenience.

PRO TIP To keep your drink fresh up to 48 hours after blending, place the cup on the base and press DRINKSAVER.

For added convenience, after blending twist on the sealed spout lid, place cup on base, and press DRINKSAVER.





GREEN POWER JUICE

PREP: 5 MINUTES
CONTAINER: 72-OUNCE PITCHER
(64 oz. max liquid capacity)
MAKES: 1 SERVING

INGREDIENTS

- 1 cup honeydew melon, cut in 1-inch pieces
- 1 cup pineapple chunks
- 1 cup spinach
- $\frac{3}{4}$ cup water
- 1 $\frac{1}{2}$ inch piece fresh ginger, peeled
- 1 cup ice cubes

PRO TIP To keep your drink fresh up to 48 hours after blending, place the pitcher on the base, attach the pitcher lid, and press DRINKSAVER.
For added convenience, pour drink into the single-serve blending cup, attach the sealed spout lid, place cup on base, and press DRINKSAVER.



DIRECTIONS

- 1 Insert Micro-Juice™ Filter into the 72-ounce pitcher.
- 2 Place all ingredients into the filter in the order listed, then close the filter lid. Attach pitcher lid.
- 3 Select **JUICE**. First the unit will vacuum seal to remove air, then it will switch to the Juice program. The program will run approximately 2 minutes.
- 4 When program is complete, release the vacuum seal and remove the pitcher lid. Keep the filter lid closed as you pour juice into a serving glass.



CELERY JUICE

PREP: 5 MINUTES

CONTAINER: 72-OUNCE PITCHER
(64 oz. max liquid capacity)

MAKES: 2 SERVINGS

INGREDIENTS

2 cups celery, cut in 1-inch pieces

1/2 lemon, peeled, cut in half

1 cup water

1 cup ice cubes

DIRECTIONS

- 1** Insert Micro-Juice™ Filter into the 72-ounce pitcher.
- 2** Place all ingredients into the filter in the order listed, then close the filter lid. Attach pitcher lid.
- 3** Select **JUICE**. First the unit will vacuum seal to remove air, then it will switch to the Juice program. The program will run approximately 2 minutes.
- 4** When program is complete, release the vacuum seal and remove the pitcher lid. Keep the filter lid closed as you pour juice into serving glasses.

PRO TIP To keep your drink fresh up to 48 hours after blending, place the pitcher on the base, attach the pitcher lid, and press DRINKSAVER.

For added convenience, pour drink into the single-serve blending cup, attach the sealed spout lid, place cup on base, and press DRINKSAVER.





ORANGE JUICE

PREP: 5 MINUTES
CONTAINER: 72-OUNCE PITCHER
(64 oz. max liquid capacity)
MAKES: 2 SERVINGS

INGREDIENTS

4 medium navel orange, peeled, cut in eighths
1 cup cold water
1/4 cup ice cubes

DIRECTIONS

- 1** Insert Micro-Juice™ Filter into the 72-ounce pitcher.
- 2** Place all ingredients into the filter in the order listed, then close the filter lid. Attach pitcher lid.
- 3** Select **JUICE**. First the unit will vacuum seal to remove air, then it will switch to the Juice program. The program will run for approximately 2 minutes.
- 4** When program is complete, release the vacuum seal and remove the pitcher lid. Keep the filter lid closed as you pour juice into serving glasses.

PRO TIP To keep your drink fresh up to 48 hours after blending, place the pitcher on the base, attach the pitcher lid, and press DRINKSAVER.

For added convenience, pour drink into the single-serve blending cup, attach the sealed spout lid, place cup on base, and press DRINKSAVER.



DIPS & SAUCES

CARROT HUMMUS

PREP: 15 MINUTES

CONTAINER: 72-OUNCE PITCHER
(64 oz. max liquid capacity)

MAKES: 8 SERVINGS

INGREDIENTS

2 tablespoons almond butter

1/4 cup olive oil

1 tablespoon honey

1 teaspoon ground cumin

1 teaspoon ground coriander

1 cup water

1/4 cup lemon juice

2 cloves garlic, peeled

3 cups carrots, cut in 1 inch-pieces, roasted, cooled

1 cup canned chickpeas, drained



DIRECTIONS

1 Place all ingredients into the 72-ounce pitcher in the order listed.

2 Select **PUREE**.

DO NOT BLEND HOT INGREDIENTS.



CAULIFLOWER CURRY SOUP

PREP: 10 MINUTES

COOK: 17-22 MINUTES

CONTAINER: 72-OUNCE PITCHER
(64 oz. max liquid capacity)

MAKES: 3-4 SERVINGS



INGREDIENTS

- 2 tablespoons butter
- 2 tablespoons extra virgin olive oil
- 1 medium onion, peeled, cut in 1-inch pieces
- 2 cloves garlic, peeled, cut in half
- 4 cups cauliflower, cut in 1-inch florets
- 1 1/2 teaspoons ground coriander
- 1 teaspoon green curry paste
- 3 cups vegetable broth
- 1/4 cup coconut milk
- 1 tablespoon lime juice
- 2 teaspoons kosher salt

DIRECTIONS

- 1 Heat oil and butter in a large saucepan over medium heat. Add the onion and garlic, and cook until they begin to soften, about 5 minutes. Add the cauliflower, coriander, and curry paste and cook 2 minutes.
- 2 Add broth, coconut milk, lime juice, and salt, and stir. Bring the soup to a boil, then reduce heat to medium-low. Allow soup to simmer until the cauliflower is easily pierced with a knife, 10 to 15 minutes.
- 3 Let soup cool to room temperature.
- 4 Once cooled, pour soup into 72-ounce pitcher.
- 5 Select **PUREE**.

DO NOT BLEND HOT INGREDIENTS.



TOMATO BASIL SAUCE

PREP: 10 MINUTES

CONTAINER: 72-OUNCE PITCHER
(64 oz. max liquid capacity)

MAKES: 6 SERVINGS

INGREDIENTS

- 2 cloves garlic, peeled
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon crushed red pepper
- 1 tablespoon kosher salt
- 1/2 teaspoon black pepper
- 2 teaspoons sugar
- 1/4 cup fresh basil leaves, packed
- 2 cans (28 ounces) San Marzano tomatoes

DIRECTIONS

- 1 Place all ingredients into the 72-ounce pitcher in the order listed.
- 2 Select **PUREE**.



DESSERTS & SNACKS

COCONUT LIME SMOOTHIE BOWL

PREP: 5 MINUTES

CONTAINER: 72-OUNCE PITCHER
(64 oz. max liquid capacity)

MAKES: 2 SERVINGS

INGREDIENTS

- 1 cup ice cubes
- 2 frozen ripe bananas, cut in 1-inch pieces
- 1/2 cup coconut cream
- 1/2 cup vanilla Greek yogurt
- 1/4 cup almond milk
- 1 lime, peeled, cut in half, seeds removed

DIRECTIONS

- 1 Place all ingredients into the 72-ounce pitcher in the order listed.
- 2 Select **ICE CREAM**.





STRAWBERRY ACAI BOWL

PREP: 5 MINUTES

CONTAINER: 72-OUNCE PITCHER
(64 oz. max liquid capacity)

MAKES: 2 SERVINGS

INGREDIENTS

2 1/2 cups frozen strawberries

2 tablespoons agave nectar

1 1/4 cup vanilla almond milk

2 tablespoons lemon juice

8 fresh mint leaves

1 package (3.5 ounces) frozen acai, thawed

GARNISHES

1/4 cup sliced bananas

1/4 cup sliced strawberries

1 teaspoon shredded almonds

1 teaspoon chia seeds

1 tablespoon shredded coconut



DIRECTIONS

1 Place all ingredients into the 72-ounce pitcher in the order listed.

2 Select **ICE CREAM**.

3 Add garnishes.

NINJA®

BLENDER DUO®

WITH

Micro-Juice™ Technology

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