

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



**NINJA**® ULTRA  
PREP

## THE ULTIMATE FOOD & DRINK MAKER

12 Delicious Recipes



# MORE. MORE. AND MORE.

Get ready to bring creativity, fun, and versatility to your kitchen. This mini kitchen system puts incredible culinary capabilities in the palm of your hand. Create everything from drinks and dips to meals and desserts, all with a pulse of the Power Pod.

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## GET TO KNOW YOUR BLADES



### TOTAL CRUSHING® & POWER CHOPPING

Crush ice into delicious margaritas or chop veggies into salsa.



### HIGH-SPEED BLENDING & NUTRIENT EXTRACTION\*

Turn the toughest ingredients into your favorite smoothies, dips, and dressings.



### DOUGH & BATTER MIXING

Mix doughs and batters for main dishes and desserts.



## LOADING THE JAR

Before adding ingredients, insert the blade securely inside the Jar, and then load your ingredients in the order shown below. Never fill past the Max Liquid line.

**5** Top off with dry or sticky ingredients like seeds, powders, and nut butters.

**4** Pour in liquid or yogurt next.

**3** Next add leafy greens and herbs.

**2** Add fresh fruits and vegetables.

**1** Start with ice or frozen ingredients.

**CAUTION:** Remove the blade assembly from the Jar upon completion of blending. Do not store ingredients before or after blending in the Jar with the blade assembly attached. Some foods may contain active ingredients or release gases that will expand if left in a sealed container, resulting in excessive pressure buildup that can pose a risk of injury.



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

# MEET THE POWER POD

When it comes to blending, food processing, or mixing, you can't get any more hands-on than this. The Ninja® Ultra Prep™ gives you the power of one-touch pulsing, so you have complete control over the consistency of your ingredients.



# PULSING WITH THE POD



**COARSE & FINE CHOP**  
Use short pulses of 1/2 to 1 second.



**ICE TO SNOW**  
Use 1-second pulses, then run continuously.



**TEXTURED PUREE**  
Use 1-second pulses until desired consistency.



**NUTRIENT EXTRACTION\***  
Use 1-second pulses, then run continuously.



**SMOOTH PUREE**  
Use 1-second pulses, then run continuously.



**DRESSINGS**  
Use 1-second pulses until desired consistency.



**COOKIE DOUGH**  
Use 1-second pulses, then run continuously.



**PIZZA DOUGH**  
Run continuously, pulsing if needed.



**BROWNIE BATTER**  
Use 1-second pulses, then run continuously.

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



## ALMOND HONEY & FLAX SMOOTHIE

**PREP:** 5 MINUTES

**BLADE:** HIGH-SPEED BLADE

**MAKES:** 4 SERVINGS

### INGREDIENTS

- 2 cups ice
- 2 cups almond milk
- 1/2 cup almond butter
- 4 teaspoons honey
- 4 teaspoons flaxseed

### DIRECTIONS

- 1 Place the High-Speed Blade into the Jar, then add all ingredients in the order listed.
- 2 Pulse 3 times, then run continuously for 60 seconds or until desired consistency is achieved.





# BERRY TROPICAL SMOOTHIE

**PREP:** 10 MINUTES

**BLADE:** HIGH-SPEED BLADE

**MAKES:** 4 SERVINGS

## INGREDIENTS

- 1 cup ice
- 2 cups mango chunks
- 1 cup strawberries, hulled
- 1 cup blueberries
- 1 cup baby spinach
- 1 cup water

## DIRECTIONS

- 1 Place the High-Speed Blade into the Jar, then add all ingredients in the order listed.
- 2 Pulse 3 times, then run continuously for 60 seconds or until desired consistency is achieved.





# COCONUT MANGO QUENCHER

**PREP:** 15 MINUTES

**BLADE:** HIGH-SPEED BLADE

**MAKES:** 4 SERVINGS

## INGREDIENTS

- 1/2 cup ice
- 1 1/2 cups frozen mango chunks
- 8 fresh mint leaves
- 4 cups coconut water

## DIRECTIONS

- 1 Place the High-Speed Blade into the Jar, then add all ingredients in the order listed.
- 2 Pulse 3 times, then run continuously for 45 seconds or until desired consistency is achieved.





# STRAWBERRY BANANA SMOOTHIE

**PREP:** 5 MINUTES

**BLADE:** TOTAL CRUSHING® & POWER CHOPPING BLADE

**MAKES:** 3 SERVINGS

## INGREDIENTS

- 2 cups frozen strawberries
- 2 small ripe bananas, cut in quarters
- 2 cups low-fat milk
- 1/4 cup agave nectar

## DIRECTIONS

- 1 Place the Total Crushing & Power Chopping Blade into the Jar, then add all ingredients in the order listed.
- 2 Pulse 3 times, then run continuously for 45 seconds or until desired consistency is achieved.







# CLASSIC MARGARITA

**PREP:** 10 MINUTES

**BLADE:** TOTAL CRUSHING® & POWER CHOPPING BLADE

**MAKES:** 4 SERVINGS

## INGREDIENTS

- 4 cups ice
- 1 cup tequila
- 1 cup orange liqueur
- 1 cup fresh lime juice
- ¼ cup fresh lemon juice
- ¼ cup fresh orange juice
- 2 tablespoons sugar or agave nectar (optional)

## DIRECTIONS

- 1 Place the Total Crushing & Power Chopping Blade into the Jar, then add all ingredients in the order listed.
- 2 Pulse 5 to 7 times, then run continuously for 45 seconds or until desired consistency is achieved.





# FIRE-ROASTED TOMATO SALSA

**PREP:** 15 MINUTES

**BLADE:** TOTAL CRUSHING® & POWER CHOPPING BLADE

**MAKES:** 2 1/2 CUPS

## INGREDIENTS

- 1 white onion, peeled, cut in quarters
- 2 cans (10 ounces each) whole peeled tomatoes
- 1 lime, peeled, cut in quarters, seeds removed
- 1 jalapeño pepper, cut in half, seeds removed
- 1 canned chipotle pepper in adobo sauce plus 2 tablespoons sauce
- 1/2 cup fresh cilantro leaves
- Kosher salt and black pepper, to taste

## DIRECTIONS

- 1 Place the Total Crushing & Power Chopping Blade into the Jar, then add all ingredients in the order listed.
- 2 Pulse 5 times, or until desired consistency is achieved.





# BUFFALO CHICKEN BURGERS

**PREP:** 15 MINUTES

**COOK:** 10 MINUTES

**BLADE:** TOTAL CRUSHING® & POWER CHOPPING BLADE

**MAKES:** 4 BURGERS

## INGREDIENTS

### Burgers

1 pound uncooked boneless skinless chicken breasts, cut in 1-inch pieces

1 small carrot, peeled, cut in 1-inch pieces (about 1/2 cup)

1 small stalk celery, cut in 1-inch pieces (about 1/2 cup)

1/4 cup crumbled blue cheese

1/4 cup cayenne pepper sauce, plus more for drizzling

1/4 cup bread crumbs

1 egg

2 tablespoons olive oil

### For Serving

4 potato buns, toasted

1 cup mixed greens or romaine lettuce

1/2 cup chunky blue cheese dressing

## DIRECTIONS

- 1 Place the Total Crushing & Power Chopping Blade into the Jar, then add all burger ingredients, except olive oil, in the order listed. Pulse 4 to 6 times, or until finely ground.
- 2 Heat olive oil in a large skillet over medium-high heat. Form meat mixture into 4 patties and place them in the skillet. Cook 5 minutes per side, or until internal temperature reaches 165°F.
- 3 Serve burgers on buns and top with lettuce, blue cheese dressing, and an extra drizzle of cayenne pepper sauce.





# MARGHERITA PIZZA

**PREP:** 20 MINUTES

**RISE:** 1 HOUR

**COOK:** 20–25 MINUTES

**BLADE:** DOUGH BLADE

**MAKES:** 2 (10-INCH) PIZZAS

## INGREDIENTS

### Dough

1 packet (2 ¼ teaspoons) active dry yeast

1 ½ teaspoons sugar

⅔ cup warm water

2 cups all-purpose flour

½ teaspoon kosher salt

¼ cup extra virgin olive oil

### Toppings

½ cup pizza sauce

2 cups shredded mozzarella

½ pint (about 1 cup) grape tomatoes, cut in half

Kosher salt and black pepper, to taste

½ cup fresh basil leaves, for garnish

## DIRECTIONS

- 1 Place the Dough Blade into the Jar, then add yeast, sugar, and warm water and let sit until foamy, about 5 minutes.
- 2 Add flour, salt, and olive oil to the Jar. Run continuously for 30 seconds, or until a dough ball forms.
- 3 Place dough ball in a lightly oiled bowl and cover loosely with plastic wrap. Let rise in a warm place for 1 hour, or until dough ball doubles in size.
- 4 Once dough has risen, preheat oven to 400°F.
- 5 Cut dough ball in half. Roll out one half into a 10-inch disc and place on a lightly oiled baking pan. Repeat with other half.
- 6 Top each rolled-out dough with ¼ cup pizza sauce, spreading it out in a thin and even layer. Sprinkle on mozzarella and top with tomatoes. Season with salt and pepper to taste.
- 7 Bake 20 to 25 minutes, or until crust is golden brown and cooked through. Garnish with fresh basil.

### TIP

Add up to ¼ cup flour if dough is too wet or up to a tablespoon of water if dough is too dry.



# BACON & BROCCOLI CHOPPED SALAD

**PREP:** 20 MINUTES

**BLADE:** TOTAL CRUSHING® & POWER CHOPPING BLADE

**MAKES:** 4 SERVINGS

## INGREDIENTS

### Dressing

- 1 cup mayonnaise
- 1/4 cup white vinegar
- 2 tablespoons sugar
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper

### Salad

- 3 cups broccoli florets, cut in 1-inch pieces
- 1/4 small red onion, peeled, cut in half
- 1/4 cup dried cranberries
- 5 slices cooked bacon, cooled, cut in half
- 1 cup shredded cheddar cheese
- 2 tablespoons roasted sunflower seeds

## DIRECTIONS

- 1 Place all dressing ingredients into a small bowl. Whisk until smooth; set aside.
- 2 Place the Total Crushing & Power Chopping Blade into the Jar, then add broccoli, onion, dried cranberries, and cooled bacon. Pulse 5 times, or until well chopped.
- 3 Transfer broccoli mixture to a bowl. Add remaining ingredients and toss with half the dressing, adding more if desired.





# SPICY BURRITO BOWL

**PREP:** 30 MINUTES

**COOK:** 10 MINUTES

**BLADE:** TOTAL CRUSHING® & POWER CHOPPING BLADE

**MAKES:** 4 SERVINGS

## INGREDIENTS

### Filling

- 1 pound uncooked boneless pork chops, cut in 1-inch pieces
- 2 cloves garlic, peeled
- 1/2 large red bell pepper, cut in 1-inch pieces
- 1/2 red onion, peeled, cut in 1-inch pieces
- 1 chipotle pepper in adobo sauce
- Zest and juice from 1 large lime (1 teaspoon zest and 1 tablespoon plus 1 teaspoon juice)
- 1 tablespoon honey
- 1 teaspoon kosher salt
- 1 tablespoon olive oil
- 1/2 can (7.75 ounces) black beans or pinto beans, rinsed, drained
- 1 cup hot cooked rice

### Toppings

- 1/4 cup cooked corn kernels
- 1/4 cup fresh cilantro leaves

## DIRECTIONS

- 1** Place the Total Crushing & Power Chopping Blade into the Jar, then add pork, garlic, red pepper, red onion, chipotle pepper, lime zest and juice, honey, and salt.
- 2** Pulse 5 times, or until ingredients are finely ground.
- 3** Heat oil in a large skillet over medium-high heat. Add meat mixture and cook about 10 minutes, stirring occasionally, or until pork is cooked through and most liquid has evaporated. Stir in the beans and cooked rice.
- 4** Serve in 4 bowls, topped with corn and cilantro.





# CHOCOLATE CHIP COOKIES

**PREP:** 10 MINUTES

**COOK:** 10-12 MINUTES

**BLADE:** DOUGH BLADE

**MAKES:** 20 COOKIES

## INGREDIENTS

- 1 egg
- 1/4 cup plus 2 tablespoons sugar
- 1/4 cup plus 2 tablespoons brown sugar
- 1 stick (1/2 cup) butter, softened
- 1/2 teaspoon vanilla extract
- 1 cup plus 2 tablespoons flour
- 1/2 teaspoon kosher salt
- 1/2 teaspoon baking soda
- 1 cup chocolate chips

## DIRECTIONS

- 1 Preheat oven to 375°F.
- 2 Place the Dough Blade into the Jar, then add egg, sugars, butter, and vanilla.
- 3 Run continuously for 30 seconds.
- 4 Add flour, salt, and baking soda to bowl. Pulse 5 times, then run continuously for 45 seconds or until well combined.
- 5 Carefully remove Dough Blade from the Jar. Using a spoon, stir in chocolate chips.
- 6 Scoop heaping teaspoons of dough onto an ungreased cookie sheet, about 2 inches apart.
- 7 Bake 10 to 12 minutes, or until golden brown on bottom. Place cookies on a rack to cool before serving.



### TIP

If your butter is cold, place it in a microwave-safe bowl at half power until softened.



## PEANUT BUTTER COOKIE DOUGH BITES

**PREP:** 15 MINUTES

**COOK:** 10 MINUTES

**CHILL:** 20 MINUTES

**BLADE:** TOTAL CRUSHING® & POWER CHOPPING BLADE,  
DOUGH BLADE

**MAKES:** 22 SERVINGS

### INGREDIENTS

- 1 cup all-purpose flour
- 2/3 cup mini peanut butter cups, chopped
- 1/2 cup hard-shell peanut butter candies
- 1/2 cup roasted peanuts
- 1/4 cup milk
- 1 teaspoon vanilla extract
- 1 stick (1/2 cup) unsalted butter, cubed,  
room temperature
- 2/3 cup smooth peanut butter
- 1 cup granulated sugar
- 1/2 cup light brown sugar, packed
- 1/2 teaspoon kosher salt

### DIRECTIONS

- 1** Preheat oven to 350°F.
- 2** Spread flour on a small sheet pan and bake for 10 minutes. Remove from oven and let cool for 10 to 20 minutes.
- 3** Place the Total Crushing & Power Chopping Blade into the Jar, then add peanut butter cups, peanut butter chocolate candies, and peanuts.
- 4** Pulse 5 times. Carefully remove blade from Jar and transfer peanut mixture to a mixing bowl; set aside.
- 5** Place the Dough Blade into the Jar, then add milk, vanilla, butter, peanut butter, sugars, and salt. Run continuously for 45 seconds.
- 6** Add cooled flour. Pulse 5 to 7 times, then run continuously for 30 seconds, or until ingredients are well combined.
- 7** Add dough to the peanut mixture and stir until combined.
- 8** Roll dough into small balls and chill at least 20 minutes before serving.

**DO NOT BLEND HOT INGREDIENTS.**

## NOTES

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**PREP**<sup>™</sup>

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