

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



NINJA® ULTRA
PREP

THE ULTIMATE FOOD & DRINK MAKER

20 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, and 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.



AVOCADO TOAST

PREP: 10 MINUTES

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 4 SERVINGS

INGREDIENTS

- 4 slices bacon, cooked, cooled
- 2 ripe avocados, pit removed, peeled
- 1 tablespoon sriracha sauce
- 1 tablespoon fresh lime juice
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground pepper
- 4 slices whole wheat bread, toasted

DIRECTIONS

- 1 Place the Total Crushing & Power Chopping Blade into the Jar, then add cooled bacon.
- 2 Pulse 3 times, then transfer chopped bacon to a small bowl.
- 3 Add avocado, sriracha, lime juice, salt, and pepper to the Jar. Pulse 7 times, then run continuously for 20 seconds.
- 4 Top each slice of toasted bread with approximately 2 tablespoons avocado spread and chopped bacon.





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.





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 half
- 2 cups low-fat milk
- ¼ 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.





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.





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.





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
- 1/4 cup fresh lemon juice
- 1/4 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.





FROSÉ

PREP: 5 MINUTES

FREEZE: 8 HOURS

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 4 SERVINGS

INGREDIENTS

- 1/2 bottle (375ml) dry rosé
- 2 cups strawberries, hulled
- 1/3 cup fresh lime juice
- 1/3 cup granulated sugar

DIRECTIONS

- 1** Pour rosé into ice cube trays and freeze for 8 hours or overnight.
- 2** Place the Total Crushing & Power Chopping Blade into the Jar, then add frozen wine cubes and remaining ingredients.
- 3** Pulse 3 times, then run continuously for 10 seconds or until desired consistency is achieved.

SPICY MEDITERRANEAN FETA DIP

PREP: 5 MINUTES

BLADE: HIGH-SPEED BLADE

MAKES: 12 SERVINGS

INGREDIENTS

- 1/2 cup pepperoncini peppers, tops removed
- 1 tablespoon fresh oregano leaves
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon tabasco pepper sauce
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1 1/2 cups crumbled feta
- 1/2 cup sour cream

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 30 seconds, or until ingredients are well combined.
- 3** Serve with Pita Bread (page 30).





TZATZIKI SAUCE

PREP: 10 MINUTES

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 8 SERVINGS

INGREDIENTS

1 seedless cucumber, cut in quarters, ends trimmed

2 cloves garlic, peeled

12 fresh mint leaves

1 cup Greek yogurt

1 tablespoon lemon zest

1 tablespoon lemon juice

1 tablespoon extra virgin olive oil

1 1/4 teaspoons kosher salt, divided

Freshly ground black pepper, to taste

Fresh dill, for garnish

DIRECTIONS

1 Place the Total Crushing & Power Chopping Blade into the Jar, then add cucumber, garlic, and mint. Pulse 5 times, or until coarsely chopped.

2 Transfer mixture to a colander and sprinkle with 1/4 teaspoon salt. Press mixture to drain excess liquid.

3 Transfer mixture to a small bowl, add remaining ingredients, except dill, and stir to combine. Serve with Greek Meatballs (page 32) and Pita Bread (page 30). Garnish with dill.





CARROT HUMMUS

PREP: 30 MINUTES

COOK: 20 MINUTES

COOL: 20 MINUTES

BLADE: HIGH-SPEED BLADE

MAKES: 8 SERVINGS

INGREDIENTS

2 cups carrots, peeled, cut in 1-inch pieces

3 cloves garlic, peeled

¼ cup extra virgin olive oil

1½ teaspoons kosher salt, divided

1 cup canned chickpeas, drained

½ cup vegetable stock

¼ cup fresh lemon juice

½ teaspoon cayenne pepper

1 teaspoon paprika

DIRECTIONS

- 1 Preheat oven to 425°F.
- 2 Place carrots and garlic in a bowl and toss with olive oil and ½ teaspoon salt. Roast for 20 minutes. Remove from oven and let cool 20 minutes.
- 3 Place the High-Speed Blade into the Jar, then add all ingredients in the order listed.
- 4 Pulse 6 to 10 times, then run continuously for 60 seconds, or until ingredients are well combined.
- 5 Serve hummus with Pita Bread (page 30).

DO NOT BLEND HOT INGREDIENTS.

TIP

Feel like switching up your hummus? Swap in edamame or cooked beets for the roasted carrots.



TOMATO BASIL SOUP

PREP: 10 MINUTES
COOK: 40 MINUTES
COOL: 15-20 MINUTES
BLADE: HIGH-SPEED BLADE
MAKES: 6 SERVINGS

INGREDIENTS

8 tomatoes, cored, cut in half
 2 small yellow onions, peeled, cut in quarters
 12 cloves garlic, peeled
 1/4 cup olive oil
 1 1/2 teaspoons kosher salt, divided
 3/4 cup chicken stock
 5 fresh basil leaves
 1/2 teaspoon dried oregano

DIRECTIONS

- 1 Preheat oven to 400°F.
- 2 Place tomatoes (cut-side down), onions, and garlic onto baking sheet. Drizzle with olive oil and 1 teaspoon salt. Toss to evenly coat.
- 3 Roast for 30 minutes, or until tomatoes and onions have released moisture and are extremely soft.
- 4 Remove mixture from oven and let cool 15 to 20 minutes.
- 5 Place the High-Speed Blade into the Jar, then add cooled vegetables, chicken stock, 1/2 teaspoon salt, basil, and oregano.
- 6 Pulse 3 times, then run continuously for 60 seconds or until desired consistency is achieved.
- 7 Transfer soup to medium pot over medium-high heat and cook for 10 minutes, or until heated through.

DO NOT BLEND HOT INGREDIENTS.



RAINBOW CAULIFLOWER RICE

PREP: 15 MINUTES
COOK: 5 MINUTES
BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE
MAKES: 3 SERVINGS

INGREDIENTS

1 medium carrot, peeled, cut in 1-inch pieces
 2 cloves garlic, peeled
 1 1/2 cups white cauliflower, cut in 1-inch florets
 1 1/2 cups purple cauliflower, cut in 1-inch florets
 2 tablespoons sesame oil
 2 green onions, chopped
 1/2 cup peas
 2 1/2 tablespoons soy sauce
 1/2 teaspoon kosher salt
 1/4 teaspoon black pepper

DIRECTIONS

- 1 Place the Total Crushing & Power Chopping Blade into the Jar, then add carrot, garlic, and white and purple cauliflower. Pulse 4 to 6 times, or until evenly combined.
- 2 Add sesame oil to a medium sauté pan over medium-high heat. Allow pan to heat for 1 minute, then add cauliflower mixture. Cook for 5 minutes, or until cauliflower is tender, stirring occasionally. Add remaining ingredients and cook for 2 minutes, or until heated through.



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
- ¼ cup white vinegar
- 2 tablespoons sugar
- 1 teaspoon kosher salt
- ¼ teaspoon black pepper

Salad

- 3 cups broccoli florets, cut in 1 ½-inch pieces
- ¼ small red onion, peeled, cut in half
- ¼ 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.





PITA BREAD

PREP: 30 MINUTES

REST: 1-2 HOURS

COOK: 24 MINUTES

BLADE: DOUGH BLADE

MAKES: 12 PITAS

INGREDIENTS

- 1 cup warm water
- 2 teaspoons active dry or instant yeast
- 2 1/2 cups all-purpose flour, plus up to 1/2 cup more if needed
- 1 teaspoon kosher salt
- 1 teaspoon extra virgin olive oil

DIRECTIONS

- 1** Place the Dough Blade into the Jar, then add warm water and yeast. Let sit for about 5 minutes, or until yeast is dissolved.
- 2** Add 2 1/2 cups flour, salt, and olive oil to the Jar. Run continuously for 30 seconds, or until a dough ball forms.
- 3** Turn dough out onto a floured surface. Knead dough for about 5 to 7 minutes, or until smooth and elastic.
- 4** Lightly coat a bowl with olive oil. Place dough in bowl and cover with plastic wrap. Let rest for 1 to 2 hours, or until doubled in size.
- 5** Gently turn out the dough onto a clean, lightly floured surface. Divide into 12 equal pieces.
- 6** Using a floured rolling pin, roll out each piece into a circle about 1/8-inch thick.
- 7** Warm a cast iron skillet over medium heat. Place dough circles one at a time into the skillet and cook for 1 minute, or until bubbles start to form. Then flip and cook for an additional 1 minute.
- 8** Serve pitas with Greek Meatballs (page 32) and Tzatziki Sauce (page 20).

TIP

Add up to 1/4 cup flour if dough is too wet or up to a tablespoon of water if dough is too dry.



GREEK MEATBALLS

PREP: 20 MINUTES

COOK: 15 MINUTES

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 8 SERVINGS

INGREDIENTS

1 pound top round beef, cut in 1-inch pieces
 1/2 small white onion, peeled, cut in half
 1/4 cup panko bread crumbs
 1/4 cup fresh flat-leaf parsley, leaves only
 2 cloves garlic, peeled
 1 tablespoon lemon zest
 1 egg
 2 teaspoons dried oregano
 1 teaspoon ground coriander
 1 teaspoon ground cumin
 1/2 teaspoon ground cinnamon
 2 teaspoons kosher salt
 1/3 cup feta cheese
 1 tablespoon olive oil

DIRECTIONS

- 1** Preheat oven to 400°F.
- 2** Place the Total Crushing & Power Chopping Blade into the Jar, then add all ingredients, except olive oil, in the order listed. Pulse 3 times, then run continuously for 30 seconds or until desired consistency is achieved.
- 3** Shape mixture into 20 meatballs.
- 4** Heat olive oil in large skillet for 1 minute until shimmering. Sauté meatballs in batches for 1 minute, then flip and sauté an additional 30 seconds until browned on both sides.
- 5** Place meatballs on a lightly greased cookie sheet and bake 10 minutes.
- 6** Serve meatballs warm with Pita Bread (page 30) and Tzatziki Sauce (page 20).





BAKED FALAFEL

PREP: 30 MINUTES

CHILL: 2 HOURS

COOK: 20 MINUTES

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 6 SERVINGS

INGREDIENTS

1 can (15 ounces) chickpeas, rinsed, drained

1 small white onion, peeled, cut in quarters

4 cloves garlic, peeled

$\frac{3}{4}$ cup fresh parsley

$\frac{3}{4}$ cup fresh cilantro

1 teaspoon kosher salt

2 tablespoons sriracha

2 teaspoons ground cumin

2 teaspoons baking powder

$\frac{3}{4}$ cup all-purpose flour

DIRECTIONS

- 1 Preheat oven to 425°F. Line a baking sheet with parchment paper or silicone baking mat.
- 2 Place the Total Crushing & Power Chopping Blade into the Jar, then add all ingredients, except baking powder and flour, in the order listed.
- 3 Pulse 6 times, then use a spatula to scrape down the sides of the Jar. Add baking powder and flour, then pulse 6 to 8 times, being careful to not over-process.
- 4 Transfer mixture to a small bowl. Cover and refrigerate for 2 hours.
- 5 Using a 1½-inch ice cream scoop, scoop mixture into balls and place on prepared baking sheet.
- 6 Bake falafel for 20 minutes, flipping after 10 minutes.
- 7 Serve with Pita Bread (page 30) and Tzatziki Sauce (page 20).





DATE BITES

PREP: 5 MINUTES

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 12 SERVINGS

INGREDIENTS

- 2 cups medjool dates, pits removed
- 1/2 cup raw almonds
- 1/2 cup rolled oats
- 2 tablespoons creamy peanut butter
- 1 tablespoon ground coffee
- 1/2 teaspoon kosher salt
- 1/2 cup shredded toasted coconut

DIRECTIONS

- 1** Place Total Crushing & Power Chopping Blade into the Jar, then add all ingredients in the order listed.
- 2** Pulse 10 to 12 times or until desired consistency is achieved.
- 3** Using a 1-inch ice cream scoop or your hands, form the mixture into balls.

DO NOT BLEND HOT INGREDIENTS.

RECIPE SUGGESTION

You can toast your own shredded coconut. Just bake at 375°F for 4 minutes, or until light golden brown.



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 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.



EDIBLE BROWNIE BATTER

PREP: 30 MINUTES

COOK: 10 MINUTES

BLADE: DOUGH BLADE

MAKES: 22 SERVINGS

INGREDIENTS

- 1 cup all-purpose flour
- 1/4 cup milk
- 1 teaspoon vanilla extract
- 1 stick (1/2 cup) unsalted butter, cubed, room temperature
- 1 cup granulated sugar
- 1 cup light brown sugar, packed
- 1/4 cup cocoa powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 1/2 cup semi-sweet chocolate chips

DIRECTIONS

- 1** Preheat oven to 350°F. Spread flour on a baking sheet, and bake for 10 minutes. Remove from oven and let cool at least 20 minutes.
- 2** Place the Dough Blade into the Jar, then add milk, vanilla, butter, and sugars. Pulse 3 times, then run continuously for 45 seconds.
- 3** Add cocoa powder, baking soda, and salt. Run continuously for 15 seconds.
- 4** Add cooled flour. Pulse 5 to 7 times, then run continuously for 30 seconds, or until well combined.
- 5** Carefully remove Dough Blade and fold chocolate chips into the batter with a spatula.

DO NOT BLEND HOT INGREDIENTS.



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PREP[™]

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