

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



NINJA **COLD PRESS** **JUICER**

10 QUICK & EASY RECIPES



JUICING MADE SIMPLE.

Welcome to the Ninja® Cold Press Juicer Inspiration Guide. From here you're just a few pages away from recipes, tips, tricks, and helpful hints to help you make everything from juices and shots to soups, pestos, and dips. Now let's get juicing.

For more exciting delicious recipes,
visit ninjakitchen.com

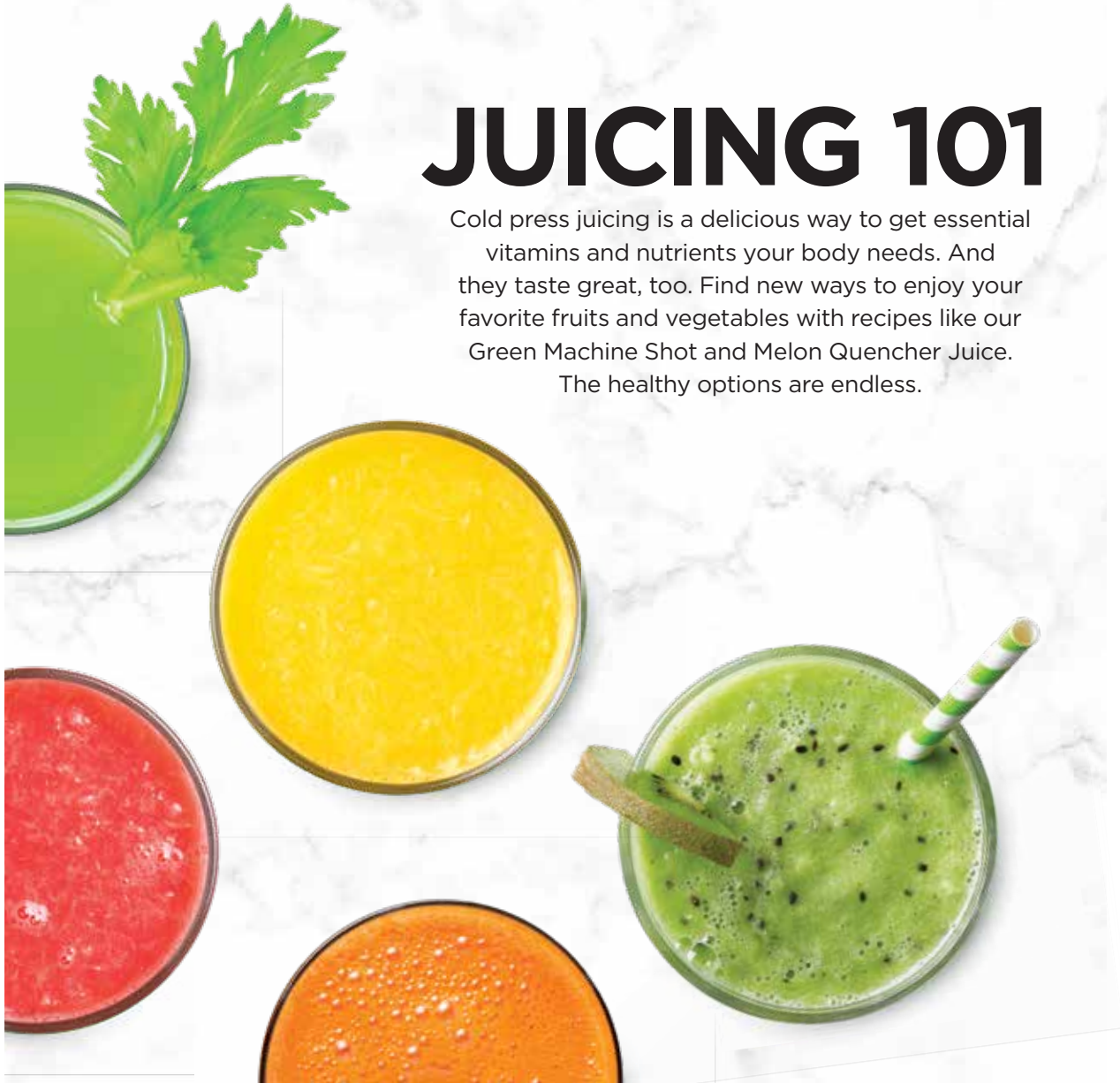
TABLE OF CONTENTS

JUICE SHOTS	6
JUICES	7
JUICE & PULP COMBO RECIPES	10
PULP RECIPES	14



JUICING 101

Cold press juicing is a delicious way to get essential vitamins and nutrients your body needs. And they taste great, too. Find new ways to enjoy your favorite fruits and vegetables with recipes like our Green Machine Shot and Melon Quencher Juice. The healthy options are endless.



TIPS AND TRICKS FOR THE PERFECT JUICE.

Use the freshest and ripest fruits and vegetables, and wash them prior to juicing.

Always turn the juicer on before adding ingredients to the feed chute.

Add ingredients gradually, making sure all of them have been processed/moved through the feed chute chamber before adding more.

PEEL OR NO PEEL



REMOVE SKINS AND RINDS

from ingredients such as citrus fruits, melons, pineapples, dragon fruit, mangoes, pomegranates, beets, ginger, papaya, and root vegetables.



THE PEEL OR SKIN CAN REMAIN ON

for ingredients such as apples, pears, peaches, plums, cucumbers, and carrots.

PREP

For best results, cut ingredients in 2-inch pieces.



REMOVE STEMS

from apples (no need to remove the core or seeds). Remove stems from herbs, if desired.



REMOVE LARGE PITS AND SEEDS

from ingredients such as mangoes, plums, peaches, cherries, papayas, lemons, melons, and peppers.

REMINDERS



Do not process ingredients that do not contain juice, such as bananas and avocados.



Do not process frozen fruits and vegetables or ice.

PULP CONTROL

Pulp is made up of fiber from the part of the fruit that holds juice and flavor. Whether you like your juices smooth or pulpy, you can use these filters to make them just the way you want. The filters also allow you to funnel pulp into the pulp container, so you can easily use it for pulp recipes.



LESS PULP

FILTER

Use the black filter with the smallest holes for juice with less pulp.



LOTS OF PULP

FILTER

Use the orange filter with the largest holes for juice with lots of pulp.

FOR BEST RESULTS, we recommend using the **Lots of Pulp** filter when processing soft fibrous fruits like berries, seeded melons, and pineapple.



GREEN MACHINE SHOT

PREP: 5 MINUTES

MAKES: 2 SERVINGS (2 OUNCES EACH)

FILTER: ANY

INGREDIENTS

- 1/2 cup spinach
- 1 cup fresh parsley leaves and stems
- 1/2 green apple, cut in 2-inch pieces
- 1 stalk celery, cut in 2-inch pieces
- 1/2 lime, peeled, cut in half

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute, as needed.
2. Upon completion, stir shots and serve immediately.

CITRUS MINT JUICE

PREP: 5 MINUTES

MAKES: 1 SERVING (8 OUNCES)

FILTER: ANY

INGREDIENTS

- 1 orange, peeled, cut in quarters
- 1 green apple, cut in 2-inch pieces
- 1 cup fresh mint leaves and tender stems

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute, as needed.
2. Upon completion, stir juice and serve immediately.



APPLE, PINEAPPLE & CELERY JUICE

PREP: 5 MINUTES
MAKES: 1 SERVING (8 OUNCES)
FILTER: LOTS OF PULP (ORANGE)

INGREDIENTS

1/2 green apple, cut in 2-inch pieces
1 cup pineapple, cut in 2-inch pieces
3 stalks celery, cut in 2-inch pieces

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute, as needed.
2. Upon completion, stir juice and serve immediately.

SOUR POMEGRANATE JUICE

PREP: 5 MINUTES
MAKES: 1 SERVING (8 OUNCES)
FILTER: ANY

INGREDIENTS

1 grapefruit, peeled, cut in quarters
1/2 green apple, cut in 2-inch pieces
1 cup pomegranate seeds

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute, as needed.
2. Upon completion, stir juice and serve immediately.



MELON QUENCHER JUICE

PREP: 5 MINUTES

MAKES: 1 SERVING

FILTER: LOTS OF PULP (ORANGE)

INGREDIENTS

1 cup watermelon, cut in 2-inch pieces

1 cup cantaloupe, cut in 2-inch pieces

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute, as needed.
2. Upon completion, stir juice and serve immediately.
3. If making the Melon Quencher Margaritas on the next page, be sure to save the pulp.

MELON QUENCHER MARGARITAS

PREP: 5 MINUTES

MAKES: 4 SERVINGS (8 OUNCES EACH)

INGREDIENTS

1/2 cup Melon Quencher Juice pulp

1/3 cup Melon Quencher Juice

1/4 cup triple sec

2/3 cup tequila

4 cups ice cubes

DIRECTIONS

1. Place all ingredients in a blender pitcher in the order listed and blend until smooth.





TROPICAL TWIST JUICE

PREP: 5 MINUTES
MAKES: 1 SERVING (10 OUNCES)
FILTER: LOTS OF PULP (ORANGE)

INGREDIENTS

- 1 orange, peeled, cut in quarters
- 1 cup pineapple, cut in 2-inch pieces
- 1 mango, peeled, cut in 2-inch pieces

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute, as needed.
2. Upon completion, stir juice and serve immediately.
3. If making the Tropical Twist Ice Pops on the next page, be sure to save the pulp.



TROPICAL TWIST ICE POPS

PREP: 5 MINUTES
FREEZE: 8 HOURS–OVERNIGHT
MAKES: 4 SERVINGS

INGREDIENTS

- 8 ounces Tropical Twist Juice
- 1 cup Tropical Twist Juice pulp

DIRECTIONS

1. Mix the juice and pulp together until combined.
2. Divide mixture evenly between 4 ice pop molds (4 ounces each).
3. Freeze at least 8 hours or overnight.

TIP

You can also freeze the mixture in ice cube trays.

PULP
RECIPE



KALE PULP PESTO

PREP: 10 MINUTES
MAKES: 2 CUPS

INGREDIENTS

- 2 cups kale pulp
- 1 cup olive oil
- 1 cup fresh basil leaves
- 1/2 cup toasted pine nuts
- 2 cloves garlic, peeled
- 1/2 cup shredded Parmesan cheese
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper

DIRECTIONS

1. Place all ingredients in a food processor in the order listed, and pulse until smooth. For a thinner pesto, add 1/4 cup more olive oil through the feed chute while the processor is running.
2. Once processing is complete, toss pesto with pasta, use as a sauce for pizza, or as a spread on sandwiches.

TIP

If you're not a fan of kale, swap it out for spinach or another green.

PULP
RECIPE



PULP PANCAKES

PREP: 10 MINUTES
COOK: 30 MINUTES
MAKES: 6 PANCAKES

INGREDIENTS

- 1 1/4 cups all-purpose flour
- 1 tablespoon baking powder
- Pinch kosher salt
- 1/4 cup granulated sugar
- 2 teaspoons ground cinnamon
- 1 1/2 cup milk
- 1/2 cup fruit or vegetable pulp of choice
- 1 teaspoon vanilla extract
- 1 tablespoon oil
- Nonstick cooking spray

DIRECTIONS

1. In a bowl, whisk together flour, baking powder, salt, sugar, and cinnamon.
2. Create a well in the center of the dry ingredients and add the milk, pulp, vanilla extract, and oil. Mix until well combined; set aside.
3. Place a skillet over medium heat and coat with cooking spray. Once the pan is hot, use a 1/4 cup measuring cup to scoop the batter into the pan. Allow pancakes to cook until bubbles start to form on the surface. Flip and continue to cook until underside is lightly browned.
4. Repeat step 3 with remaining batter and serve warm with your favorite toppings.

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JUICER

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