

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



NINJA
COLD PRESS
JUICER PRO

20 QUICK & EASY RECIPES



JUICING MADE SIMPLE.

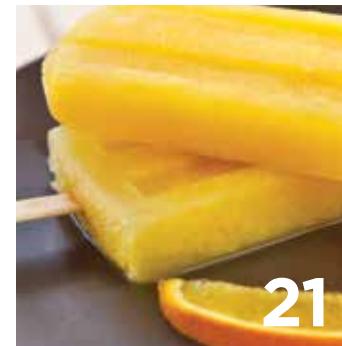
Welcome to the Ninja® Cold Press Juicer PRO Inspiration Guide. From here you're just a few pages away from recipes, tips, tricks, and helpful hints to help you make everything from juices and shots to soups, pestos, and dips.

Now let's get juicing.

For more exciting delicious recipes,
visit ninjakitchen.com

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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 Berry Burst Granola. 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.

TOTAL 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.



SOME PULP

FILTER

Use the gray filter with the larger holes for juice with some 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 **Some Pulp** filter or the **Lots of Pulp** filter when processing soft fibrous fruits like berries, seeded melons, and pineapple.



ZINGER SHOT

PREP: 5 MINUTES

MAKES: 2 SERVINGS (2 OUNCES EACH)

FILTER: ANY

INGREDIENTS

2 lemons, peeled, cut in quarters

2-inch piece ginger, peeled

Pinch cayenne pepper

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.

TIP If too bitter, dilute with water or add fruit juice of choice.

TIP Reduce spice by omitting cayenne and reducing ginger to a 1-inch piece.

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.





TART PEAR BERRY JUICE

PREP: 5 MINUTES

MAKES: 1 SERVING (8 OUNCES)

FILTER: SOME PULP (GRAY) OR
LOTS OF PULP (ORANGE)

INGREDIENTS

- 1 grapefruit, peeled, cut in quarters
- 1 pear, cut in 2-inch pieces
- 1/2 cup strawberries, hulled, cut in quarters
- 1/2 cup blackberries

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.

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.





SWEET GREENS JUICE

PREP: 5 MINUTES

MAKES: 1 SERVING (8 OUNCES)

FILTER: SOME PULP (GRAY) OR
LOTS OF PULP (ORANGE)

INGREDIENTS

- 1 cup honeydew melon, cut in 2-inch pieces
- 1 cup pineapple, cut in 2-inch pieces
- 1/2 cup cucumber, cut in 2-inch pieces
- 1 1/2 cups spinach

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.

PINK JUICE

PREP: 5 MINUTES

MAKES: 1 SERVING (8 OUNCES)

FILTER: ANY

INGREDIENTS

- 1 medium beet, peeled, cut in 2-inch pieces
- 3 carrots, peeled, trimmed, cut in 2-inch pieces
- 1/2 green apple, cut in 2-inch pieces
- 1 lemon, peeled, cut in quarters
- 2-inch piece ginger, peeled

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: WITH SOME PULP (GRAY) OR
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: SOME PULP (GRAY) OR
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.





BERRY BURST JUICE

PREP: 5 MINUTES

MAKES: 1 SERVING (8 OUNCES)

FILTER: SOME PULP (GRAY) OR
LOTS OF PULP (ORANGE)

INGREDIENTS

- 1 cup strawberries, hulled, cut in quarters
- 1 cup pineapple, cut in 2-inch pieces
- 1 orange, peeled, cut in quarters
- 1/2 cup blueberries
- 1/2 cup raspberries

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 Berry Burst Granola on the next page, be sure to save the pulp.



BERRY BURST GRANOLA

PREP: 10 MINUTES

BAKE: 25–30 MINUTES

MAKES: APPROX. 8 CUPS

INGREDIENTS

- 4 cups old-fashioned oats
- 1 1/2 cups mixed raw nuts
- 1/2 cup unsweetened coconut flakes
- 1 teaspoon kosher salt
- 1 teaspoon ground cinnamon
- 1/2 cup coconut oil, melted
- 1/2 cup honey
- 1 teaspoon vanilla extract
- 1/2 cup Berry Burst Juice pulp or any desired fruit pulp

DIRECTIONS

1. Preheat oven to 350°F and line a baking sheet with parchment paper.
2. In a large bowl, combine oats, nuts, coconut flakes, salt, and cinnamon.
3. Add the coconut oil, honey, vanilla extract, and fruit pulp to the oat mixture and stir until evenly coated. Pour the mixture onto the prepared pan and use a spatula to spread it in an even layer.
4. Place baking sheet in the oven and bake for 25–30 minutes or until golden brown, stirring halfway through cooking.
5. Let granola cool completely before serving—it will crisp up as it cools.
6. Store granola in an airtight container at room temperature up to 2 weeks.



HEALTHY START VEGGIE JUICE

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

INGREDIENTS

- 1 green apple, cut in 2-inch pieces
- 2 stalks celery, cut in 2-inch pieces
- 1/2 red bell pepper, seeded, cut in 2-inch pieces
- 2 carrots, peeled, trimmed, cut in 2-inch pieces
- 1/2 lemon, peeled, cut in half
- 1 cup fresh parsley leaves and 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.

*If making the Veggie Cream Cheese Spread on the next page, remove the apple pulp before juicing the remaining ingredients. This will ensure the cream cheese isn't too sweet.

VEGGIE CREAM CHEESE SPREAD

PREP: 5 MINUTES
MAKES: 2 CUPS

INGREDIENTS

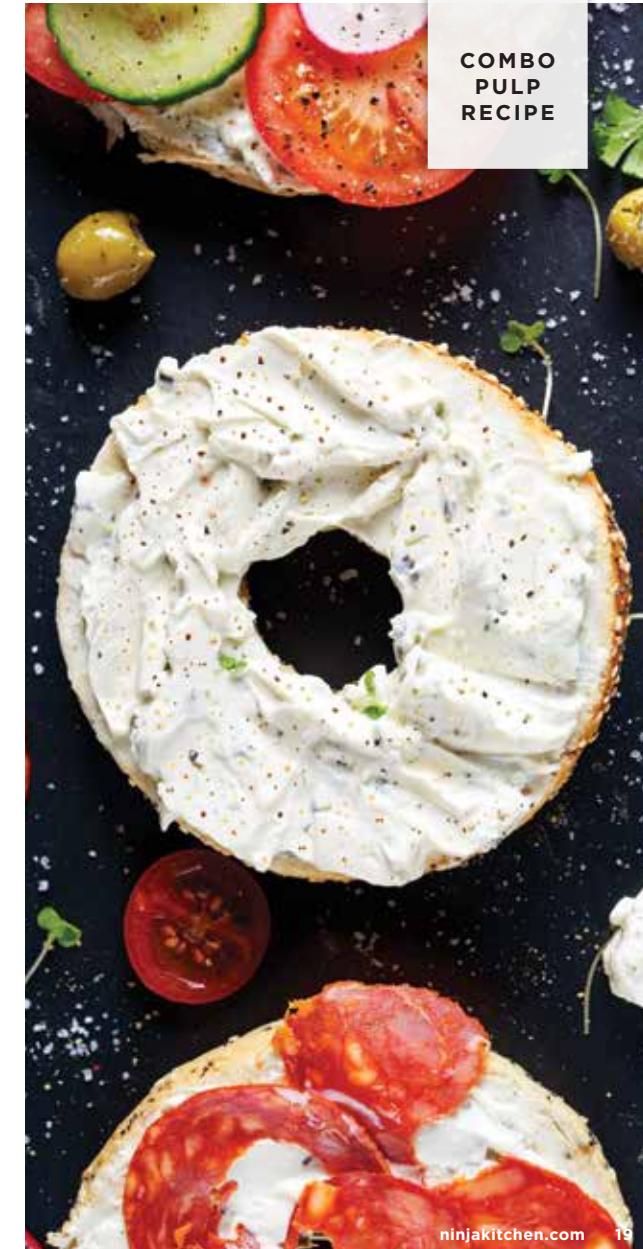
- 1 block (8 ounces) cream cheese, softened
- 1/2 cup Healthy Start Juice pulp

OPTIONAL SEASONING

- 2 teaspoons Kosher salt
- 1 teaspoon ground black pepper
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons chili powder

DIRECTIONS

1. Use a fork to mix pulp together in pulp bin to evenly distribute. In a medium bowl, add the vegetable pulp and mix to evenly combine. Then add the softened cream cheese. If desired, add optional seasonings. Use a hand mixer or rubber spatula to combine.
2. Serve as a spread for bagels and crackers or a dip for vegetables.





TROPICAL TWIST JUICE

PREP: 5 MINUTES
MAKES: 1 SERVING (10 OUNCES)
FILTER: SOME PULP (GRAY) OR
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.



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 PARFAIT

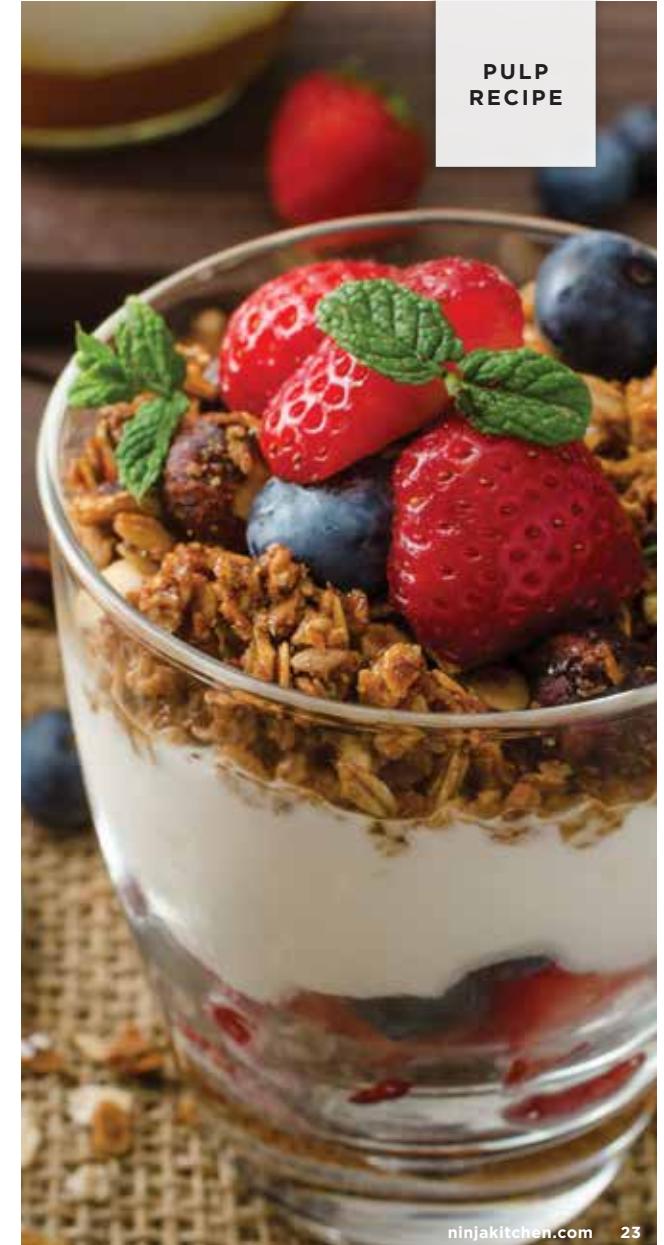
PREP: 10 MINUTES
MAKES: 2 SERVINGS

INGREDIENTS

- 1 1/2 cups granola (see Berry Burst Granola)
- 1 1/2 cups yogurt
- 1 cup fruit pulp of choice

DIRECTIONS

1. Place a 1/4 cup granola in a jar or tall glass. Follow with a 1/4 cup yogurt and 1/4 of the fruit pulp.
2. Repeat layers until the jar is full.
3. Repeat steps 1 and 2 in a second jar, then serve.





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.



PULP
RECIPE

MINISTRONE SOUP

PREP: 15 MINUTES

COOK: 35-50 MINUTES

MAKES: 6-8 SERVINGS

INGREDIENTS

1 tablespoon olive oil
2 tablespoons minced garlic
1 medium onion, peeled, diced
1 can (6 ounces) tomato paste
1-1 1/2 cups carrot pulp
1 large zucchini, diced
4 stalks celery, cut in 1/4-inch pieces
1 can (28 ounces) diced tomatoes
1 can (15 ounces) kidney beans
2 boxes (32 ounces each) chicken or vegetable broth
2 tablespoons Italian seasoning
1 box (16 ounces) ditalini pasta
3 cups kale leaves, chopped
1 cup shredded Parmesan cheese

DIRECTIONS

1. Place a large pot over medium high-heat and add olive oil.
2. Once pot is hot, add the garlic and onion and cook until translucent, approximately 3 minutes.
3. Add tomato paste, stir to evenly combine, and sauté for 2 minutes.
4. Add remaining ingredients except pasta, kale, and cheese and bring to a boil. Once boiling, reduce heat to low and allow soup to simmer until vegetables are tender, approximately 30 to 45 minutes.
5. While soup is cooking, cook and drain pasta according to the box instructions in a separate pot. (Cooking the pasta separately helps keep it from absorbing the soup and getting mushy when storing leftovers.)
6. Once the vegetables are tender, add chopped kale and stir to combine, then cook 1 minute or until wilted.
7. Serve each bowl of soup over 1/2 cup cooked pasta and top with Parmesan cheese.

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