

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

NINJA®

Inspiration Guide



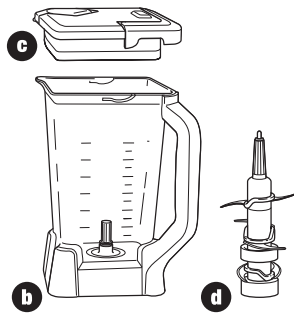
BL780

NINJA® KITCHEN SYSTEM

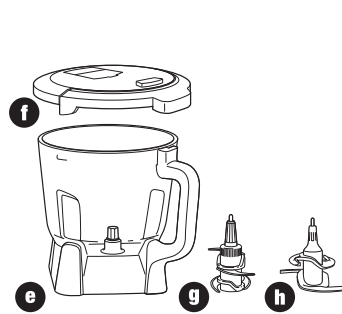
Getting To Know Your Ninja® Kitchen System



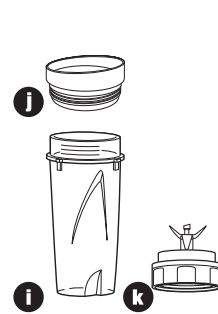
a Motor Base



- b** 72 oz. Pitcher
(64 oz. max liquid capacity)
- c** Pitcher Lid with
Locking Handle
- d** Stacked Blade Assembly
for Pitcher



- e** 64 oz. Processing Bowl
- f** Bowl Lid with
Locking Handle
- g** Chopping Blade Assembly
for Bowl
- h** Dough Blade Assembly
for Bowl



- i** Nutri Ninja® Cup
- j** Nutri Ninja To-Go Lid
- k** Nutri Ninja Blade Assembly
Power Cord (not shown)

NOTE: Number of cups and lids vary by model.

NOTE: Blade assemblies and lids are not interchangeable.

CAUTION: Remove the Nutri Ninja Blades Assembly from the Nutri Ninja Cup upon completion of blending. Do not store ingredients before or after blending them in the cup 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.

CONGRATULATIONS You've just purchased the Ninja® Kitchen System

Gives you the power and convenience to live a nutritious lifestyle by combining Ninja® blade technology with an extra-large 72 oz. pitcher*, 64 oz. processing bowl, single-serve drinking cups and easy-to-use attachments for all your kitchen needs.

**NUTRIENT/COMPLETE
BLENDING**

**FROZEN
BLENDING**

**FOOD
PROCESSING**

**DOUGH
MIXING**



*64 oz. max liquid capacity

NUTRIENT/COMPLETE BLENDING

Unlike juicers, the Ninja® Kitchen System allows you to turn whole fruit and vegetables into delicious drinks, including all the nutritious pulp. Combine your favorite whole fruit, vegetables, and a few ice cubes and the Ninja® blade technology will do the rest.

WHAT YOU NEED:



MOTOR BASE



72* OZ. PITCHER



STACKED BLADE ASSEMBLY



NUTRI NINJA® CUP AND BLADE ASSEMBLY

* 64 oz. max liquid capacity

FROZEN BLENDING

A complete kitchen system to inspire and simplify nutritious living for active lifestyles. Whether you desire a delicious fruit smoothie, protein shake, frappe, slushie or even a resort-style frozen cocktail, we've got you covered.

WHAT YOU NEED:



MOTOR BASE



72* OZ. PITCHER



STACKED BLADE ASSEMBLY



NUTRI NINJA® CUP AND BLADE ASSEMBLY

* 64 oz. max liquid capacity



FOOD PROCESSING

Chop fresh ingredients evenly without any mush. Effortlessly mince, chop, grind and blend a variety of ingredients for easy meal preparation or final touches.

WHAT YOU NEED:



MOTOR BASE



64 OZ. BOWL



CHOPPING BLADE
ASSEMBLY



NUTRI NINJA® CUP
AND BLADE ASSEMBLY



DOUGH MIXING

Effortlessly turn dry and wet ingredients into breads and decadent desserts in seconds. The Ninja® Kitchen System has the power to create rustic pizza dough, delicious cookie dough, and even delicate crepe batter.

WHAT YOU NEED:



MOTOR BASE



64 OZ. BOWL



DOUGH BLADE
ASSEMBLY

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Creative and delicious recipes created to use with your Ninja Kitchen System.

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APPLE & PINEAPPLE JUICE BLEND

- 4 apples, peeled and cored
- ½ cup fresh pineapple cut in chunks
- ½ teaspoon ground cinnamon
- 4 cups apple juice

10 minutes • makes 4 servings



Place apples and pineapple chunks in a microwave-safe bowl, then add 2 tablespoons water. Cover and cook on High for 6 minutes or until very tender. Spoon the mixture into the Pitcher and add the cinnamon and ice cubes. Blend on 2 until smooth. For a smoother blend, add apple juice to reduce the pulp.

DO NOT BLEND HOT INGREDIENTS.

PINEAPPLE BANANA SWIRL

2 cups fresh pineapple
1 ripe banana
2 cups pineapple juice
Ice cubes



5 minutes • makes 2 servings



Place all ingredients in the Pitcher. Blend on 3 until smooth.

MELON COOLER

1½ cups cantaloupe
1½ cups honeydew
¾ cup pineapple
½ cup spinach
5 ice cubes



5 minutes • makes 2 servings



Place all ingredients in the Pitcher. Blend on 3 until smooth.

PINEAPPLE GINGER MINT

- 2½ cups pineapple
- 2 thin slices fresh ginger
- 5 or 6 mint leaves
- 5 or 6 ice cubes

10 minutes • makes 2 servings



Place all ingredients in the Pitcher. Blend on 3 until smooth.



EMERALD GREEN ELIXIR

- 1 cup white grape juice
- 1 small ripe banana
- 1 cup baby spinach leaves
- 2 kiwis, peeled
- 1 tablespoon honey
- 10 to 12 ice cubes

10 minutes • makes 3 servings



Place all ingredients in the Pitcher. Blend on 3 until smooth.



LEAN & GREEN

- 1 cup baby spinach
- 1 ripe banana
- 2 kiwis, peeled
- 1½ cups pineapple chunks
- 5 ice cubes

5 minutes • makes 2 servings



Place all ingredients in the Pitcher. Blend on 3 until smooth.



CANTALOUPE BREEZE

- 1½ cups cantaloupe
- ¾ cup watermelon, seeds removed
- 2 or 3 mint leaves
- Ice cubes

2 minutes • makes 1 serving



Place all ingredients in the Nutri Ninja® Cup. Pulse the Single Serve button until mixture is smooth. Remove blades from cup after blending.



RASPBERRY & MINT LEMONADE

8 ounces club soda
½ cup lemonade
½ cup fresh raspberries
2 tablespoons powdered sugar
4 mint leaves
Ice cubes

5 minutes • makes 4 servings



Place all ingredients in Pitcher except the ice cubes. Blend on 2 until smooth. Fill 4 cocktail glasses with ice, pour and serve.



BERRY BANANA TWIST

1 cup fresh or frozen strawberries
1 cup fresh or frozen blackberries
1 ripe banana
½ cup vanilla yogurt
1 cup orange juice
Ice cubes

5 minutes • makes 2 servings



Place all ingredients in Pitcher. Pulse ingredients 4 or 5 times, then blend on 3 until smooth.



BLACKBERRY BURST

- 1 cup frozen blackberries
- 1 cup frozen blueberries
- ½ cup strawberries
- ½ cup yogurt
- 1 cup orange juice



5 minutes • makes 2 servings



Place all ingredients in the Pitcher. Blend on 3 until smooth.

JAMAICAN SCREWDRIVER

- 6 ounces vodka
- 4 ounces light rum
- 2 cups orange juice
- 1 cup pineapple juice
- 4 cups crushed ice cubes
- 4 orange slices for garnish



10 minutes • makes 2 servings



Place all ingredients except orange slices into the Pitcher and blend on 3 until smooth and frothy. Pour into chilled glasses and garnish with orange slices.

POMEGRANATE SMOOTHIE

1 cup yogurt
1 cup pomegranate juice
1 cup frozen blueberries
2 tablespoons honey
Ice cubes



5 minutes • makes 2 servings



Place all ingredients in Pitcher. Pulse ingredients 4 or 5 times, then blend on 2 until smooth.

CRANBERRY COSMO FREEZE

½ cup fresh or frozen cranberries, washed
½ cup cranberry juice
2 ounces triple sec
4 ounces chilled vodka



10 minutes • makes 4 servings



In advance, place the cranberries and juice in the Pitcher and pulse until smooth. Spoon the mixture into ice cube trays and freeze until ice cubes are formed. Place the cranberry juice, ice cubes and the remaining ingredients into the Pitcher and pulse until smooth. Serve right away in chilled martini glasses.

CUCUMBER BLAST

2 grapefruits, peeled and quartered
2 oranges, peeled and quartered
½ cucumber, peeled
4 to 6 ice cubes



10 minutes • makes 2 servings



Place all ingredients in Pitcher. Pulse ingredients 4 to 5 times, then blend on 3 until smooth.

BLUEBERRY CAIPIROSKA

1 cup fresh blueberries
8 ounces vodka
16 ice cubes
8 large mint leaves for garnish



5 minutes • makes 4 servings



Place all ingredients in the Pitcher. Blend on 3 until smooth

BLUEBERRY BLAST

½ cup white grape juice
½ cup low-fat yogurt
½ ripe banana
½ cup fresh blueberries
Ice cubes

5 minutes • makes 1 serving

16
oz

Place all ingredients in the Nutri Ninja® cup and pulse the Single Serve button until mixture is smooth. Remove blades from cup after blending.



WATERMELON GRANITA

6 cups watermelon, peeled, seeded, cut into chunks
1 tablespoon lime juice
½ cup sugar

10 minutes • makes 2 servings

72oz

Place the watermelon chunks in the Pitcher, and blend on 1 for 1 minute. Strain the watermelon and pour back into the Pitcher. Add lime juice and sugar and blend on 2 until ingredients are combined. Pour into a bowl or ice cube trays. Freeze 3 to 4 hours until almost solid.



SPICY MANGO SALSA

- 1 ripe mango, peeled
(or frozen mango chunks thawed)
- ¼ red onion
- ½ ripe tomato, quartered
- 1 jalapeño pepper, halved and seeded
- ¼ green pepper
- ¼ cup cilantro
- 1 lime, juiced

10 minutes • makes 4 servings

16
OZ

Place all ingredients in the Nutri Ninja® Cup. Pulse 3 to 4 times for roughly chopped salsa. Remove blades from cup after blending.



ARTICHOKE DIP

- 1 cup mayonnaise
- 4-ounce can marinated artichokes
(reserve 2 tablespoons liquid)
- ½ pound low-fat mozzarella cheese,
cut in large pieces
- ½ cup parmesan cheese, cut in pieces or grated
- 2 green onions, sliced
- 1 round sourdough bread, cut in 2-inch pieces

30 minutes • makes 2 servings

64oz

Preheat oven to 375°F. Place the mayonnaise, artichokes with 2 tablespoons artichoke liquid, mozzarella cheese and parmesan in the bowl. Blend on 2 for 20 seconds or until uniformly smooth. Spoon the dip into an oven-safe serving dish and bake for 20 minutes.

DO NOT BLEND HOT INGREDIENTS.



FRESH ZUCCHINI SPEARS WITH CREAMY DILL DIP

- 1½ cup low-fat sour cream
- 1 tablespoons fresh dill
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- 1 tablespoon milk
- 3 medium zucchini, quartered horizontally

10 minutes • makes 2 servings

64oz

Place all ingredients except zucchini in the bowl and pulse 3 or 4 times. Add teaspoons of milk as needed to reach your desired consistency. Remove the dip and place in a small serving bowl. Offer zucchini spears with the fresh dill dip.



SPINACH SALAD WITH CHAMPAGNE HONEY VINAIGRETTE

- 6 cups baby spinach leaves
- 8 cremini mushrooms, sliced and sautéed
- ¼ small red onion, roughly cut
- 2 tablespoons champagne vinegar
- 2 tablespoons extra virgin olive oil
- 2 tablespoons honey
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 4 tablespoons crumbled feta cheese, for garnish

makes 4 to 6 servings

16
oz

In a large mixing bowl, combine the spinach leaves and mushrooms then set aside. Place the red onion in the Nutri Ninja® Cup and pulse until chopped. Add the onion to the spinach and mushrooms. Place the vinegar, oil, honey, salt and pepper in the Nutri Ninja Cup and pulse to blend. Remove blades from cup after blending. Drizzle the vinaigrette over the salad to taste. Garnish each serving with a sprinkling of feta cheese.



CASHEW BUTTER

2 cups raw cashews
2–4 tablespoons canola oil
¼ teaspoons salt
Pinch sugar (optional)

15 minutes • makes 1 pint

64oz

Preheat oven to 375°F Place the cashews in a single layer on a rimmed baking tray and toast cashews for 5 to 6 minutes, until golden. Remove and let cool. Place 2 tablespoons oil in the bowl and add the cooled cashews. Pulse 10 times and scrape down the sides of the bowl, if needed. Add up to 2 tablespoons oil, the salt and the sugar. Blend on 2 for 5 to 10 seconds, or until very smooth. Store in the refrigerator until use.

DO NOT BLEND HOT INGREDIENTS.



CRUNCHY THAI PEANUT SPREAD

2 cups roasted peanuts
3 tablespoons canola oil
3–4 tablespoons soy sauce

5 minutes • makes 4 to 6 servings

64oz

Place peanuts in the bowl and pulse on 1 until chunky. Add the canola oil and soy sauce and continue pulsing for 30 seconds.



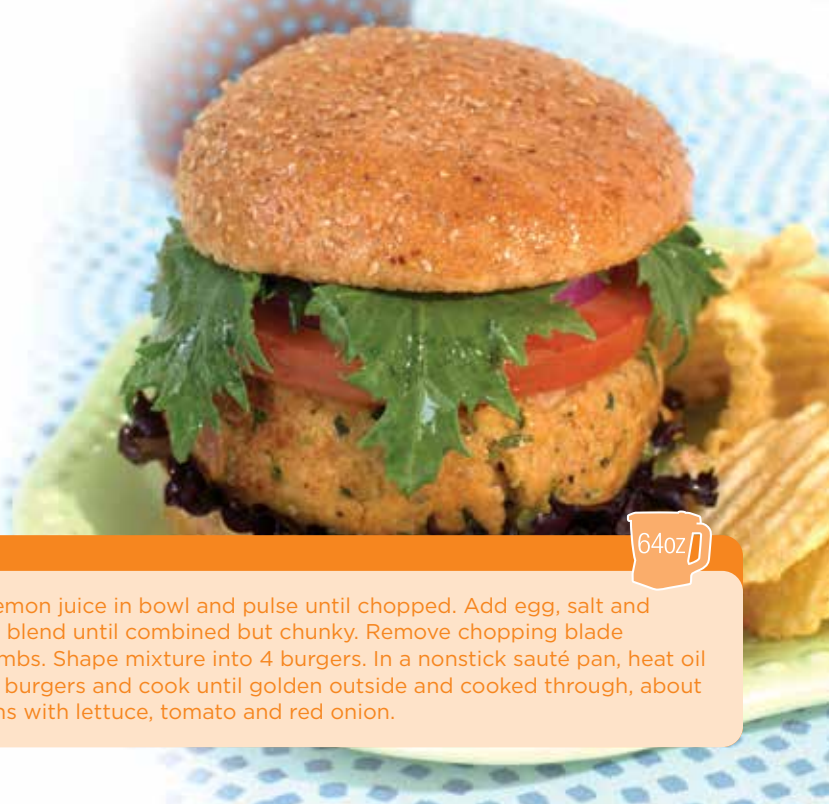
WILD SALMON BURGER

16 ounces boneless, skinless salmon, frozen for 30 minutes, cut in chunks
1½ teaspoons Dijon mustard
1 tablespoon lemon juice
1 egg, beaten
½ teaspoon salt
½ teaspoon ground black pepper
2 green onions, cut in half
¼ cup panko bread crumbs
2 teaspoons olive oil

20 minutes • makes 2 servings

Place ¾ of the salmon, mustard and lemon juice in bowl and pulse until chopped. Add egg, salt and pepper, salmon and green onion and blend until combined but chunky. Remove chopping blade assembly and hand-stir in panko crumbs. Shape mixture into 4 burgers. In a nonstick sauté pan, heat oil over medium-high heat. Add salmon burgers and cook until golden outside and cooked through, about 2 to 3 minutes per side. Serve on buns with lettuce, tomato and red onion.

64oz



ROASTED TOMATO BRUSCHETTA

4 medium tomatoes, cut into quarters
2 tablespoons extra virgin olive oil
Salt and ground black pepper, to taste
1 clove garlic
½ cup black olives, pitted
1 teaspoon fresh basil
Toasted French bread rounds

1 hour • makes 4 to 6 servings

Place tomatoes on a baking sheet and toss with oil and salt and pepper. Bake at 350°F for 30 to 40 minutes or until tender. Remove and cool slightly. Place cooled tomatoes, garlic, olives and basil in the Pitcher. Pulse for a few seconds until the vegetables are roughly chopped. Spoon over French bread rounds and serve.

72oz



DO NOT BLEND HOT INGREDIENTS.

SWEET CARROT COOKIES

- 1 cup vegetable shortening
- $\frac{3}{4}$ cup sugar
- 2 eggs
- 1 cup carrots, peeled, grated
- 2 cups flour
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt

20 minutes • makes 18 servings

64oz

Preheat the oven to 375°F. Place the dough blade assembly in the bowl and add all ingredients. Pulse until combined. Do not over-mix. Drop the batter by teaspoons onto a cookie sheet that has been lightly coated with cooking spray. Bake for 8 to 10 minutes. Makes about 3 dozen cookies; 2 cookies per serving.



EASY PIZZA DOUGH

- 1 package ($\frac{1}{4}$ ounce) dry active yeast
- 1 teaspoon salt
- 1 tablespoon sugar
- $\frac{2}{3}$ cup warm water
- $\frac{1}{4}$ cup olive oil
- 2 cups flour

1 hour 10 minutes • makes 1 pizza crust

64oz

Place the dough blade assembly in the bowl, then add the yeast, salt, sugar and water and pulse on 1 for 10 seconds. Add the oil and flour 1 cup at a time, pulsing on 1 until the dough is smooth. Transfer dough to a lightly oiled bowl and cover. Let rise for an hour.



BIG BLONDE BROWNIE BITES

1 cup all-purpose flour
½ teaspoon baking powder
¼ teaspoon baking soda
½ teaspoon salt
½ cup melted butter
1 cup brown sugar
1 egg, beaten
1 teaspoon vanilla extract
½ cup chocolate chips
½ cup butterscotch chips
½ cup toasted pecans



40 minutes • makes 36 bites



Preheat oven to 350°F. Place the dough blade assembly in bowl and add the flour, baking powder, baking soda and salt. Blend on 1 to combine. Add brown sugar, egg, butter and vanilla and blend again on 1 just until the mixture is combined. Add chips and pecans and pulse until dough clings to the sides of bowl. Spread dough evenly in a lightly oiled 9 x 9-inch pan and bake for 20 to 25 minutes. Cool slightly and cut in 1½-inch squares. Makes 36 bites.

WARM HILL PEACH COBBLER

3 cups fresh peaches, peeled and sliced
1 teaspoon vanilla extract
1½ cups dark brown sugar, divided
¾ cup all-purpose flour
2 teaspoons baking powder
½ teaspoon baking soda
¾ cup buttermilk
½ cup melted butter



1 hour • makes 6 to 8 servings



Preheat oven to 350°F. Toss peaches with vanilla and ¼ cup brown sugar and set aside. Place the dough blade assembly in the bowl, then add brown sugar, flour, baking powder and baking soda and blend on 1 briefly to combine. Add the buttermilk and blend on 1 until smooth. Pour melted butter into a 9 x 9-inch baking dish. Pour batter over melted butter and top with sliced peaches. Bake for 45 minutes or until fruit is bubbly and crust is golden. Cool slightly before serving.

MEDITERRANEAN FOCACCIA

- 1 Easy Pizza Dough (p. 27)
- ½ cup jarred-in-oil sun-dried tomatoes, chopped, divided
- ½ cup pitted kalamata olives, divided
- ½ cup shredded kasseri cheese, divided
- 2 teaspoon fresh oregano leaves
- ½ teaspoon crushed red pepper
- ¼ cup olive oil
- 1–2 teaspoons cornmeal



2 hours • makes 4 to 6 servings

64oz

Combine 2 tablespoons each of the sun-dried tomatoes, olives and kasseri cheese, and set aside.

Lightly oil a baking sheet and sprinkle with cornmeal. Turn dough out on to a lightly floured work surface and knead in remaining sun-dried tomatoes, olives and cheese, and add the oregano and crushed red pepper. Use palms to stretch and press dough into an oblong shape, about 1/2-inch thick. Transfer to prepared baking sheet, cover and let rise for 30 minutes.

Preheat oven to 400°F. Dimple dough with fingertips. Drizzle dough with olive oil and top with tomato, olive and cheese mixture. Bake for 15 to 20 minutes, until golden brown. Serve hot.

BLUEBERRY MUFFINS

- ¾ cup whole milk
- 1 egg
- ½ cup vegetable shortening
- 2 tablespoons sugar
- ¾ teaspoon salt
- 2½ teaspoon baking powder
- 2 cups flour
- 1 cup fresh blueberries



40 minutes • makes 2 servings

64oz

Place the dough blade assembly in the bowl, then add milk, egg, shortening and sugar and blend on 1 until smooth. Add the salt, baking powder and flour and blend on 1 until ingredients are combined. Do not over-process. Transfer batter to a mixing bowl and fold in the blueberries. Prepare a 12-cup muffin tin with cooking spray and spoon the batter in evenly. Bake at 400°F for 25 minutes or until golden brown.

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