

# QUICK START GUIDE

10 IRRESISTIBLE RECIPES

## **PROFESSIONAL BLENDER**

## NINIA QUICK ASSEMBLY

## **BLENDER PITCHER**

#### **PARTS**



**MOTOR BASE** 



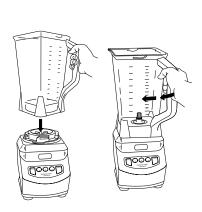
**PITCHER** 

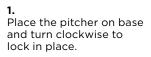




STACKED BLADE **PITCHER LID ASSEMBLY** 

#### **ASSEMBLY**





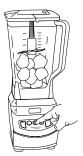


Holding Stacked Blade Assembly by the top of the shaft, insert it into pitcher.



Align arrows on pitcher lid and handle, then lower handle to lock in place.

#### **BLEND & ENJOY**



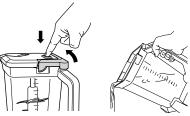
Select any of the illuminated programs to begin.



3a. To pour out thinner mixtures, ensure lid is locked in place, then open pour spout.



When blending is complete, turn pitcher counterclockwise and lift to remove.



3b. For thicker mixtures, press RELEASE button and lift handle to remove lid, then carefully lift out blade assembly before pouring.

**NOTE:** The pitcher lid handle will not fold down unless it is attached to the pitcher.

Once the pitcher is locked onto base, press the Power button  $\circ$  to turn the unit on. The compatible program buttons will illuminate.



WARNING: Stacked Blade Assembly is sharp and not locked in place. Make sure lid is locked onto pitcher before pouring contents. If pouring without lid, carefully remove blade assembly first. Failure to do so will result in a risk of laceration. Refer to the Ninja Owner's Guide for additional information.

#### **CLEANING**

Dishwasher: The containers, lids, and blade assemblies are all dishwasher safe only. The lids and blade assemblies are top-rack dishwasher safe. Ensure the blade assemblies are removed from the containers before placing in the dishwasher.

Hand-washing: Wash containers, lids, and blade assemblies in warm, soapy water. When washing the blade assemblies, use a dishwashing utensil with a handle to avoid direct hand contact with blades. Handle blade assemblies with care to avoid contact with sharp edges. Rinse and air-dry thoroughly.



WARNING: Always unplug your blender base before cleaning.



WARNING: Handle the blade assemblies with care when washing, as the blades are sharp. Contact with the blades' edges can result in laceration.

## **BLUEBERRY BLAST**

PREP: 5 MINUTES | CONTAINER: 72-OUNCE PITCHER | MAKES: 2 SERVINGS

#### **INGREDIENTS**

1 cup white grape juice 1 cup low-fat yogurt 1/2 banana 1 cup fresh blueberries 10-12 ice cubes

#### **DIRECTIONS**

- **1.** Place all ingredients in the 72-ounce Pitcher in the order listed.
- **2.** Blend on 3 until smooth. Select 3 again to stop blending.

## RASPBERRY & MINT LEMONADE

PREP: 5 MINUTES | CONTAINER: 72-OUNCE PITCHER | MAKES: 4 SERVINGS

## **INGREDIENTS**

8 ounces club soda

1/2 cup lemonade

1/2 cup fresh raspberries

2 tablespoons powdered sugar

4 mint leaves

Ice cubes

## **DIRECTIONS**

- Place all ingredients in the 72-ounce Pitcher in the order listed except for ice cubes.
- **2.** Blend on 2 until smooth. Select 2 again to stop blending.
- **3**. Fill 4 cocktail glasses with ice, pour lemonade over ice, and serve.

## **BLACKBERRY BURST**

PREP: 5 MINUTES | CONTAINER: 72-OUNCE PITCHER | MAKES: 2 SERVINGS

#### **INGREDIENTS**

1 cup frozen blackberries 1 cup frozen blueberries 1/2 cup fresh strawberries 1/2 cup yogurt 1 cup orange juice

#### **DIRECTIONS**

- **1.** Place all ingredients in the 72-ounce Pitcher in the order listed.
- **2.** Blend on 3 until smooth. Select 3 again to stop blending.

## **COCONUT PINEAPPLE SORBET**

PREP: 10 MINUTES | CONTAINER: 72-OUNCE PITCHER | MAKES: 4 SERVINGS

## **INGREDIENTS**

1 small ripe pineapple, peeled, cored, roughly cut

1 tablespoon fresh lime juice

1/2 cup light coconut milk

1/2 cup superfine sugar

1 teaspoon fresh ginger, chopped

## **DIRECTIONS**

- 1. Freeze cut pineapple overnight.
- **2.** Place all ingredients in the 72-ounce Pitcher in the order listed.
- **3**. Blend on 3 until mixture thickens. Select 3 again to stop blending.

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## POMEGRANATE SMOOTHIE

PREP: 5 MINUTES | CONTAINER: 72-OUNCE PITCHER | MAKES: 2 SERVINGS

### **INGREDIENTS**

1 cup yogurt 1 cup pomegranate juice 1 cup frozen blueberries 2 tablespoons honey 5 ice cubes

### **DIRECTIONS**

- **1.** Place all ingredients in the 72-ounce pitcher in the order listed.
- **2.** Pulse 4 or 5 times, then blend on 2 until smooth. Select 2 to stop blending.

## **EMERALD GREEN ELIXIR**

PREP: 5 MINUTES | CONTAINER: 72-OUNCE PITCHER | MAKES: 2 SERVINGS

### **INGREDIENTS**

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

## **DIRECTIONS**

- **1.** Place all ingredients in the 72-ounce Pitcher in the order listed.
- **2.** Blend on 3 until smooth. Select 3 again to stop blending.

## **MELON COOLER**

PREP: 5 MINUTES | CONTAINER: 72-OUNCE PITCHER | MAKES: 2 SERVINGS

## **INGREDIENTS**

 $1 \frac{1}{2}$  cups cantaloupe chunks  $1 \frac{1}{2}$  cups honeydew chunks  $\frac{3}{4}$  cup pineapple chunks  $\frac{1}{2}$  cup spinach 5 ice cubes

## **DIRECTIONS**

- **1.** Place all ingredients in the 72-ounce pitcher in the order listed.
- **2.** Blend on 3 until smooth. Select 3 to stop blending.

## SPICY MANGO SALSA

PREP: 10 MINUTES | CONTAINER: 72-OUNCE PITCHER | MAKES: 4 SERVINGS

## **INGREDIENTS**

1 ripe mango, peeled (or frozen mango chunks, thawed)

1/4 red onion, peeled

1/2 ripe tomato, cut in quarters

1 jalapeño pepper, cut in half, seeds removed

1/4 green pepper

1/4 cup fresh cilantro leaves

Juice of 1 lime

## **DIRECTIONS**

- **1.** Place all ingredients in the 72-ounce Pitcher in the order listed.
- 2. Pulse 3 or 4 times.

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PREP: 10 MINUTES | CONTAINER: 72-OUNCE PITCHER | MAKES: 2 SERVINGS

## **INGREDIENTS**

 $1^{1/2}$  cups low-fat sour cream

1 tablespoon fresh dill

1 teaspoon salt

1/4 teaspoon pepper

1 tablespoon milk

Cut vegetables, for serving

## **DIRECTIONS**

- **1.** Place all ingredients in the 72-ounce Pitcher in the order listed.
- **2.** Pulse 3 or 4 times until smooth. Add teaspoons of milk as needed to reach the desired consistency.
- 3. Serve with cut vegetables.

## TOMATO BASIL CREAM SAUCE

PREP: 20 MINUTES | CONTAINER: 72-OUNCE PITCHER | MAKES: 4 SERVINGS

## **INGREDIENTS**

1 ripe Roma tomato, cut in quarters, seeds removed

2 tablespoon tomato paste

1/3 cup heavy cream

6 basil leaves

1/4 teaspoon dried Italian seasoning

## **DIRECTIONS**

- **1.** Place all ingredients into the 72-ounce pitcher in the order listed.
- **2.** Blend on 3 until smooth. Select 3 to stop blending.
- **3.** Place sauce in a small saucepan over medium heat and cook until hot. Serve immediately over pasta, vegetables, and/ or meat of your choice.

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