

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



QUICK START GUIDE

+ 10 IRRESISTIBLE RECIPES

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NINJA® BLENDER PROFESSIONAL PLUS KITCHEN SYSTEM

QUICK ASSEMBLY

NUTRI NINJA® CUP

PARTS



NUTRI NINJA CUP



TO-GO LID

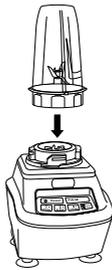


NUTRI NINJA BLADE

ASSEMBLY



1. Fill cup with desired contents.



2. Screw on blade assembly clockwise until you have a tight seal.

3. Flip cup upside down and lower it onto base.



4. Turn cup clockwise to lock in place.

BLEND & ENJOY



1. Select any of the illuminated programs to begin blending.



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



3. Turn blade assembly counterclockwise to remove.

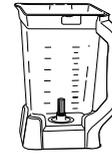


4. Place to-go lid on top of cup and turn clockwise to lock in place.

Once the Single-Serve Cup is locked onto base, press the Power button  to turn the unit on. The compatible program buttons will illuminate.

BLENDER PITCHER

PARTS



BLENDER PITCHER

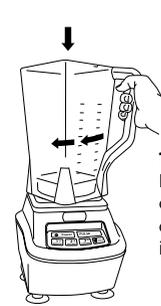


PITCHER LID

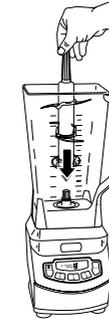


STACKED BLADE ASSEMBLY

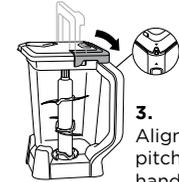
ASSEMBLY



1. Place the pitcher on base and turn clockwise to lock in place.



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

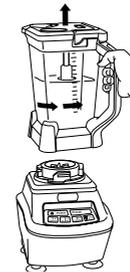


3. Align arrows on pitcher lid and handle, then lower handle to lock in place.

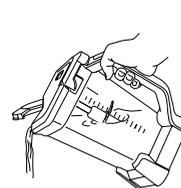
BLEND & ENJOY



1. Select any of the illuminated programs to begin.



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



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



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  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.



WARNING: Handle the Nutri Ninja Blades Assembly with care, as the blades are sharp.

FOOD PROCESSOR BOWL

PARTS



**FOOD
PROCESSOR
BOWL**



**FOOD
PROCESSOR
BOWL LID**



**CHOPPING
BLADE
ASSEMBLY**



**DOUGH
BLADE
ASSEMBLY**

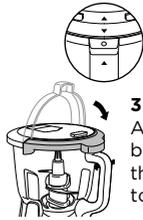
ASSEMBLY



1. Place Food Processor Bowl on base and turn clockwise to lock in place.



2. Holding the blade assembly by the top of the shaft, insert it into bowl.

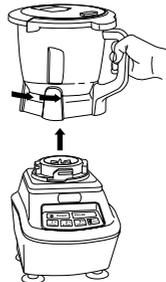


3. Align arrows on bowl lid and handle, then lower handle to lock in place.

BLEND & ENJOY



1. Select any of the illuminated programs to begin processing.



2. When processing is complete, remove bowl from base by turning it counterclockwise, then lifting it off.



3. Remove lid by pressing the RELEASE button on side of front tab and lifting up. Remove blade assembly before emptying bowl.

Once the Food Processor Bowl is locked onto base, press the Power button  to turn the unit on. The compatible program buttons will illuminate.

WARNING: Chopping Blade Assembly is sharp and not locked in place. Before pouring, carefully remove blade assembly. Failure to do so will result in a risk of laceration. Refer to the Ninja Owner's Guide for additional information.

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

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

BLUEBERRY BLAST

PREP: 5 MINUTES | **CONTAINER:** 16-OUNCE NUTRI NINJA® CUP | **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 16-ounce Nutri Ninja Cup in the order listed.
2. Pulse the Single Serve button until smooth.

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:** 16-OUNCE NUTRI NINJA® CUP | **MAKES:** 1 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 16-ounce Nutri Ninja Cup in the order listed.
2. Pulse the Single Serve button until smooth.

MELON COOLER

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

INGREDIENTS

1 1/2 cups cantaloupe chunks
1 1/2 cups honeydew chunks
3/4 cup pineapple chunks
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:** 16-OUNCE NUTRI NINJA® CUP | **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 16-ounce Nutri Ninja Cup in the order listed.
2. Pulse 3 or 4 times.

CREAMY DILL DIP

PREP: 10 MINUTES | **CONTAINER:** 64-OUNCE FOOD PROCESSOR BOWL | **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 64-ounce Food Processing Bowl 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.

BIG BLONDE BROWNIE BITES

PREP: 40 MINUTES | **CONTAINER:** 64-OUNCE FOOD PROCESSOR BOWL | **MAKES:** 5 DOZEN BITES

INGREDIENTS

1 cup all-purpose flour
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1/2 teaspoon salt
1/2 cup melted butter
1 cup brown sugar
1 large egg, beaten
1 teaspoon vanilla extract
1/2 cup chocolate chips
1/2 cup butterscotch chips
1/2 cup toasted pecans

DIRECTIONS

1. Preheat oven to 350°F.
2. Place the dough blade assembly in bowl and add the flour, baking powder, baking soda, and salt, then blend on 1 to combine. Select 1 to stop blending.
3. Add melted butter, brown sugar, egg, butter, and vanilla and blend again on 1 until the mixture is just combined. Select 1 to stop blending.
4. Add chocolate and butterscotch chips and pecans and PULSE until dough clings to the sides of bowl.
5. Spread dough evenly in a lightly oiled 9 x 9-inch pan and bake for 20 to 25 minutes. Cool slightly and cut in 1-inch squares.

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.

EASY PIZZA DOUGH

PREP: 1 HOUR 10 MINUTES | **CONTAINER:** 64-OUNCE FOOD PROCESSOR BOWL
MAKES: 1 PIZZA CRUST

INGREDIENTS

1 package (1/4 ounce) dry active yeast
1 teaspoon salt
1 tablespoon sugar
2/3 cup warm water
1/4 cup olive oil
2 cups flour

DIRECTIONS

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

TIP

If leaving the dough in the 64-ounce food processing bowl to rise, remove the lid from the bowl and cover bowl in plastic wrap.



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