

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



NINJA
TWISTITM

HIGH-SPEED
BLENDER DUO[®]

10 delicious recipes



Your guide to blending, prepping, and mixing like a *TWISTi*™.

Welcome to the Ninja® *TWISTi*™ High-Speed Power Blender with Built-in Tamper recipe book. From here you're just a few pages away from recipes, tips, tricks, and helpful hints to give you the confidence to make everything from smoothie bowls and nut butters to frozen drinks, smoothies, and extractions. Now let's get started.

For more exciting, delicious recipes, visit ninjakitchen.com

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*Extract a drink containing vitamins and nutrients from fruits and vegetables.



BUILT-IN
TAMPER


Twist

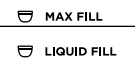
Introducing the *TWISTi*TM PITCHER


It's never been easier to create thick and spoonable smoothie bowls, nut butters, and more. All you have to do is twist the built-in tamper while blending to push ingredients down toward the blade.

Smoothie bowl basics

USING THE PITCHER

For 1 serving, use  fill lines:





For 2 servings, use  fill lines:



TIP:





1.

Install the blade assembly. Add milk, or milk alternative such as soy, coconut, almond, or oat milk, up to the **LIQUID FILL** line. For 1 serving , use the 8-ounce fill line, or for 2 servings , use the 10-ounce fill line.

ALWAYS DO THIS FIRST.



2.

Add **frozen fruit**, directly from freezer, and/or açaí or dragon fruit packets, up to the **MAX FILL** line. For 1 serving , use the 16-ounce fill line or for 2 servings , use the 34-ounce fill line.

Cut larger fruit, like bananas, in quarters.

If using açaí or dragon fruit packets, thaw slightly and cut in quarters.

NOTE: Amplify your base by adding 1 scoop of yogurt, flavor powder, protein powder, and/or nut butter.



3.

Install the lid onto the pitcher, then install the pitcher onto the motor base. Select **BOWL**.

Twist the built-in tamper **counterclockwise continuously** while processing.

After blending is complete, pour into a bowl then add your favorite toppings, such as coconut flakes, granola, fresh bananas, berries, and agave nectar.



DID YOU KNOW?

Smoothie bowls are **thicker and spoonable**, compared to smoothies, which are thinner and drinkable.






Using the *TWISTi*™ Pitcher

Tips to help you create smoothies and nutrient extractions*.

PREP TIPS: For best results, cut ingredients in 1" pieces. Place frozen ingredients in the pitcher first.



Do not go past the MAX LIQUID line when loading the pitcher.

- 5  Top off with fresh fruits or vegetables.
- 4  Pour in liquid or yogurt next. For thinner results or a juice-like drink, add more liquid as desired.
- 3  Then add any dry or sticky ingredients like seeds, powders, and nut butters.
- 2  Next add leafy greens and herbs.
- 1  Start by adding ice or frozen ingredients.

*Extract a drink containing vitamins and nutrients from fruits and vegetables.

Using the Nutrient Extraction* Cup

Tips to help you create smoothies and nutrient extractions* to take on the go.






PREP TIPS: For best results, cut ingredients in 1" pieces. Place frozen ingredients in the cup last.

Do not go past the MAX LIQUID line when loading the cup.

Overfilling ingredients may harm the unit when in use. If you feel resistance when attaching the Hybrid Edge™ Blades Assembly to the cup, remove some ingredients.

NOTE: The Hybrid Edge Blades Assembly is not compatible with other Ninja® products.



- 5  Top off with ice or frozen ingredients.
- 4  Next add any dry or sticky ingredients like seeds, powders, and nut butters.
- 3  Pour in liquid or yogurt next. For thinner results or a juice-like drink, add more liquid as desired.
- 2  Next add leafy greens and herbs.
- 1  Start by adding fresh fruits and vegetables.



PEACHES & CREAM SMOOTHIE BOWL

PREP: 5 MINUTES

CONTAINER: 34-OUNCE PITCHER

MAKES: 1-2 SERVINGS, DEPENDING ON AMOUNT OF INGREDIENTS USED

INGREDIENTS

Almond milk

Frozen banana, cut in 2-inch pieces

Frozen peaches

Sweetener of choice, as desired



HIGH-SPEED PITCHER




DIRECTIONS

1. Install the blade assembly in the 34-ounce Pitcher.
2. Pour milk into the pitcher, filling to the Liquid Fill line. Install lid on pitcher, then install pitcher on motor base.
3. Add frozen fruit and sweetener up to, but not exceeding, the Max Fill line.
4. Select BOWL. Twist the built-in tamper counterclockwise continuously while processing until program is complete.
5. Remove lid after blending, then pour mixture into a bowl. Decorate with toppings of your choice and serve.

TIP For 1 serving, use  fill lines:

 MAX FILL

 LIQUID FILL

For 2 servings, use  fill lines:

 MAX FILL

 LIQUID FILL



PIÑA COLADA SMOOTHIE BOWL

PREP: 5 MINUTES

CONTAINER: 34-OUNCE PITCHER

MAKES: 1-2 SERVINGS, DEPENDING ON AMOUNT OF INGREDIENTS USED

INGREDIENTS

Coconut milk

Frozen pineapple

Frozen banana

Sweetener of choice, as desired



HIGH-SPEED
PITCHER




DIRECTIONS

1. Install the blade assembly in the 34-ounce Pitcher.
2. Pour coconut milk into the pitcher, filling to the Liquid Fill line.
3. Add frozen fruit and sweetener up to but not exceeding the Max Fill line. Install lid on pitcher, then install pitcher on motor base.
4. Select BOWL. Twist the built-in tamper counterclockwise continuously while blending until program is complete.
5. Remove blades from pitcher after blending.
6. Remove lid after blending, then pour mixture into a bowl. Decorate with toppings of your choice and serve.

TIP For 1 serving, use  fill lines:

 MAX FILL

 LIQUID FILL

For 2 servings, use  fill lines:

 MAX FILL

 LIQUID FILL



BLUEBERRY BLAST BOWL

PREP: 5 MINUTES

CONTAINER: 34-OUNCE PITCHER

MAKES: 1-2 SERVINGS, DEPENDING ON AMOUNT OF INGREDIENTS USED

INGREDIENTS

Milk of choice

Frozen blueberries

Frozen strawberries

Sweetener of choice, as desired



HIGH-SPEED
PITCHER




DIRECTIONS

1. Install the blade assembly in the 34-ounce Pitcher.
2. Pour milk into the pitcher, filling to the Liquid Fill line.
3. Add frozen fruit and sweetener up to, but not exceeding, the Max Fill line. Install lid on pitcher, then install pitcher on motor base.
4. Select BOWL. Twist the built-in tamper counterclockwise continuously while processing until program is complete.
5. Remove lid then pour into a bowl. Decorate with toppings of your choice and serve.

TIP For 1 serving, use  fill lines:

 MAX FILL

 LIQUID FILL

For 2 servings, use  fill lines:

 MAX FILL

 LIQUID FILL



VIRGIN STRAWBERRY MANGO MARGARITA

PREP: 5 MINUTES

CONTAINER: 18-OUNCE SINGLE-SERVE CUP

MAKES: 2 SERVINGS

INGREDIENTS

1 cup frozen mango chunks

1 cup tropical juice blend

1 cup frozen strawberries

1 cup limeade

DIRECTIONS

1. Place frozen mango and tropical juice blend in the 18-ounce Single-Serve Cup, then install the blade assembly. Install cup on motor base.
2. Select FROZEN.
3. Remove blades from cup after blending and pour the mixture into a glass.
4. Rinse cup and blade assembly and place frozen strawberries and limeade in 18-ounce Single-Serve Cup, then install the blade assembly. Install cup on motor base.
5. Select FROZEN.
6. Remove blades from cup after blending and pour half the mixture into each glass, layering it on top of the mango mixture.

SINGLE-SERVE
CUP





FROZEN GIN & GINGER ALE

PREP: 5 MINUTES

CONTAINER: 34-OUNCE PITCHER

MAKES: 2 SERVINGS

INGREDIENTS

1/2 cup gin

Zest of 1 lime

1/4 cup fresh lime juice

1/2 cup ginger ale

1/2 cup simple syrup

2 cups of ice cubes

HIGH-SPEED
PITCHER



DIRECTIONS

1. Install the blade assembly in the 34-ounce Pitcher.
2. Place all ingredients in the pitcher in the order listed. Install lid on pitcher, then install pitcher on motor base.
3. Select FROZEN.
4. Remove lid from pitcher after blending, and pour cocktail into separate glasses.



FROZEN MOSCOW MULE

PREP: 5 MINUTES

CONTAINER: 34-OUNCE PITCHER

MAKES: 2 SERVINGS

INGREDIENTS

1/4 cup warm water

1/4 cup packed dark brown sugar

2 teaspoons fresh grated ginger

Zest of 1 lime

3 tablespoons fresh lime juice

1/4 cup vodka

12 ice cubes

HIGH-SPEED
PITCHER



DIRECTIONS

1. Install the blade assembly in the 34-ounce Pitcher.
2. Place water and brown sugar in a small bowl and stir to dissolve.
3. When the sugar is dissolved, pour the water mixture along with all the remaining ingredients in the pitcher in the order listed. Install lid on pitcher, then install pitcher on motor base.
4. Select FROZEN.
5. Remove lid from pitcher after blending, and pour cocktail into separate glasses.



ORANGE CREAMSICLE COCKTAIL

PREP: 5 MINUTES

CONTAINER: 18-OUNCE SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

- 1/4 cup whipping cream
- 2 tablespoons milk of choice
- 1/4 teaspoon vanilla extract
- 1 1/2 cups frozen mango chunks
- 1 orange, peeled, cut in quarters
- 1 1/2 ounces vodka

SINGLE-SERVE
CUP



DIRECTIONS

1. Place all ingredients in the 18-ounce Single-Serve Cup in the order listed, then install the blade assembly. Install cup on motor base.
2. Select FROZEN.
3. Remove blades from cup after blending.



AVOCADO BANANA BOOST

PREP: 5 MINUTES
CONTAINER: 18-OUNCE SINGLE-SERVE CUP
MAKES: 1 SERVING

INGREDIENTS

1/2 frozen banana, cut in 2-inch pieces
3/4 cup frozen mango chunks
1/2 ripe avocado, peeled, cut in quarters
3/4 cup orange juice

DIRECTIONS

1. Place all ingredients in the 18-ounce Single-Serve Cup in the order listed, then install the blade assembly. Install cup on motor base.
2. Select EXTRACT.
3. Remove blades from cup after blending.

SINGLE-SERVE
CUP





TROPICAL CHIA COOLER

PREP: 5 MINUTES

CONTAINER: 34-OUNCE PITCHER

MAKES: 2 SERVINGS

INGREDIENTS

1 cup frozen mango chunks

1 cup frozen pineapple chunks

1/2 teaspoon ground turmeric

1/4-inch piece fresh ginger, peeled

1 tablespoon chia seeds

1 3/4 cup tropical blend juice

DIRECTIONS

1. Install the blade assembly in the 34-ounce Pitcher.
2. Place all ingredients in the pitcher in the order listed. Install lid on pitcher, then install pitcher on motor base.
3. Select EXTRACT.
4. Remove lid from pitcher after blending, and pour drink into separate glasses.

HIGH-SPEED
PITCHER





STRAWBERRY MANGO SOOTHER

PREP: 5 MINUTES
CONTAINER: 34-OUNCE PITCHER
MAKES: 2 SERVINGS

INGREDIENTS

1½ cups orange juice
1 cup frozen strawberry
1 cup frozen mango chunks
1 medium carrot, peeled, cut in 2-inch pieces

HIGH-SPEED
PITCHER



DIRECTIONS

1. Install the blade assembly in the 34-ounce Pitcher.
2. Place all ingredients in the pitcher in the order listed. Install lid on pitcher, then install pitcher on motor base.
3. Select EXTRACT.
4. Remove lid from pitcher after blending, and pour drink into separate glasses.

NINJA
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HIGH-SPEED

BLENDER DUO[®]

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