

**NUTRI**  
**NINJA**  
Auto-iQ®



**75** : **Nutritious & Delicious** RECIPES



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

# NUTRI NINJA® Auto-iQ®



75

**Nutritious & Delicious** RECIPES

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Nutritional Analyses: Calculations for the nutritional analyses in this book are based on the largest number of servings listed within the recipes. Calculations are rounded up to the nearest gram or milligram, as appropriate. If two options for an ingredient are listed, the first one is used. Not included are optional ingredients or serving suggestions.

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Published in the United States of America by

SharkNinja  
89 A Street  
Needham, MA 02494






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BL480D ISBN: 978-1-4951-5245-0

10 9 8

Printed in China

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Follow us online for additional recipes and tips.



## Your Nutri Ninja® with Auto-iQ®

Congratulations on starting your journey with your Nutri Ninja.

Now you can easily blend whole fruits and vegetables into delicious juices, sauces, soups, dips, and desserts.

Ninja's powerful motor, intuitive Auto-iQ Technology and a patented blade system can even handle hard ingredients, such as ice, kale, fibrous greens, pulpy fruits, flaxseed, and nuts.

Unique blending, pulsing, and pausing cycles deliver consistent results every time. No guesswork, just goodness.

New to this? We've got you covered. Choose from our delicious recipes. Plus, we have helpful tips to customize your own.

Check out [ninjakitchen.com/recipes](http://ninjakitchen.com/recipes) for additional recipes and tips.



**Sweet Spinach Detox, page 22**

The Nutri Ninja® with Auto iQ® has three unique Nutri Ninja Cups. We have provided some recommendations for each one.



### SMALL 18-OUNCE

- Nutrient Extractions
- Smoothies
- Frozen Treats
- Protein Shakes
- Sauces & Dips
- Dressings



### REGULAR 24-OUNCE

- Nutrient Extractions
- Smoothies
- Frozen Treats
- Protein Shakes
- Sauces & Dips
- Soups



### JUMBO MULTI-SERVE 32-OUNCE

- Nutrient Extractions
- Smoothies
- Frozen Dessert Drinks
- Soups

**⚠ CAUTION:** Remove the Pro Extractor 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. For ingredient storage in the cup, use only Spout Lid to cover.



## Why Nutrient & Vitamin Extraction?\*

Nutrient juices provide you with a simple way to boost your daily recommended nutritional intake. Key benefits include:

- Slower absorption of nutrients vs. juicing—more continual energy source
- Good source of nutrition—easy way to get your daily servings of fruits and vegetables
- Great variety of ingredients, textures, and flavor options
- Can be a quick and easy meal replacement
- Easy additions of protein and “good fats”
- Unlike juicing, adds fiber to your diet

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



**Power Ball,  
page 18**

8



**Island Mood Boost,  
page 30**

9

PREP TIME: 5 minutes    SERVINGS: 2    CONTAINER: Regular 24-ounce Nutri Ninja® Cup

## Watermelon Cooler

### Ingredients

- ¼ ripe pear, seeded, cut in half
- 2 large fresh basil leaves
- 2 cups fresh watermelon chunks, chilled

### Directions

- 1 Place all ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Remove blades after blending.

PREP TIME: 5 minutes    SERVINGS: 4    CONTAINER: Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup

## Sangrita

### Ingredients

- 1 small celery stalk, cut into 1-inch pieces
- ½ small lime, peeled and seeded
- ½ small orange, peeled and seeded
- ⅛ small white onion
- 2 small vine-ripened tomatoes, seeded and cut into quarters
- ½ cup carrot juice
- 2 dashes hot sauce or to taste
- Pinch celery seed
- 1½ cups ice
- Celery stalks and orange wedges for garnish, optional

### Directions

- 1 Place all ingredients into the Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Remove blades after blending.

PREP TIME: 5 minutes    SERVINGS: 1    CONTAINER: Regular 24-ounce Nutri Ninja® Cup

## Mango Melon Mint Fusion

### Ingredients

- ½ cup honeydew melon chunks
- ½ cup fresh mango chunks
- ½ cup cantaloupe chunks
- 3 mint leaves
- ½ cup water
- ¾ cup ice

### Directions

- 1 Place all ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® BLEND.
- 3 Remove blades after blending.



TRY BASIL INSTEAD OF MINT FOR A DIFFERENT VARIATION.

PREP TIME: 5 minutes    SERVINGS: 2    CONTAINER: Regular 24-ounce Nutri Ninja® Cup

## Spicy Pineapple Recharge

### Ingredients

- ½ jalapeño pepper, seeded
- ½-inch piece peeled fresh ginger
- 1 lime, peeled and cut in half
- 2 cups fresh pineapple chunks
- ⅔ cup orange juice
- ½ cup ice

### Directions

- 1 Place all ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Remove blades after blending.





PREP TIME: 5 minutes    SERVINGS: 1    CONTAINER: Small 18-ounce Nutri Ninja® Cup

## Cool Honeydew Cleanser

### Ingredients

2-inch piece peeled cucumber, cut in half  
 ½ cup fresh honeydew melon chunks  
 ½ cup fresh pineapple chunks  
 ¼ cup water  
 ¼ cup ice

### Directions

- 1 Place all ingredients into the Small 18-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Remove blades after blending.

PREP TIME: 10 minutes    SERVINGS: 2    CONTAINER: Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup

## Total Garden Drink

### Ingredients

2 baby carrots  
 6-inch piece of cucumber, cut into 2-inch chunks  
 2-inch piece celery stalk  
 10 green grapes  
 ¼ vine-ripened tomato, cut in half  
 4 hulled fresh strawberries  
 ¼ small raw beet, peeled  
 1 cup fresh watermelon chunks  
 2 tablespoons cashews  
 1 tablespoon flax seeds  
 ½ cup ice

### Directions

- 1 Place all ingredients into the Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Remove blades after blending.



PREP TIME: 5 minutes    SERVINGS: 2    CONTAINER: Regular 24-ounce Nutri Ninja® Cup

## Tropical Chill

### Ingredients

- 1 small ripe banana
- ½ cup fresh pineapple chunks
- ½ cup fresh honeydew melon chunks
- ¼ lime, peeled
- ¾ cup coconut water
- 1 cup ice

### Directions

- 1 Place all ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Remove blades after blending.

**NINJA**  
KNOW-HOW

ADD 1 TO 2 TEASPOONS  
FLAXSEED FOR A FIBER  
BOOST

PREP TIME: 5 minutes    SERVINGS: 1    CONTAINER: Small 18-ounce Nutri Ninja® Cup

## Lean Green Ninja

### Ingredients

- ½ small ripe banana
- ¼ cup packed baby spinach
- ¼ cup packed kale leaves
- ¼ cup fresh pineapple chunks
- ¼ cup fresh mango chunks
- ¼ cup coconut water
- ¼ cup ice

### Directions

- 1 Place all ingredients into the Small 18-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® BLEND.
- 3 Remove blades after blending.





PREP TIME: 5 minutes    SERVINGS: 1    CONTAINER: Small 18-ounce Nutri Ninja® Cup

## Power Ball

### Ingredients

- ½ small ripe banana
- 1 cup unsweetened light coconut milk
- 1 teaspoon unsweetened cocoa powder
- 1 cup frozen blueberries

### Directions

- 1 Place all ingredients into the Small 18-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Remove blades after blending.

PREP TIME: 5 minutes    SERVINGS: 1    CONTAINER: Small 18-ounce Nutri Ninja® Cup

## Frozen Kale Cacao

### Ingredients

- ½ cup packed kale leaves
- 1 small frozen banana, cut into quarters
- 2 pitted dates
- 1 teaspoon unsweetened cocoa powder
- 1 scoop chocolate protein powder
- 1¼ cups unsweetened coconut milk
- ¼ cup ice

### Directions

- 1 Place all ingredients into the Small 18-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Remove blades after blending.

PREP TIME: 5 minutes    SERVINGS: 1    CONTAINER: Small 18-ounce Nutri Ninja® Cup

## Pineapple Pleaser

### Ingredients

- ½ cup fresh mango chunks
- 2 teaspoons almond butter
- ¾ cup original rice milk
- ¾ cup frozen pineapple chunks

### Directions

- 1 Place all ingredients into the Small 18-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Remove blades after blending.



SUBSTITUTE RICE MILK WITH COW'S MILK OR ALMOND MILK IF PREFERRED.

PREP TIME: 5 minutes    SERVINGS: 2    CONTAINER: Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup

## Antioxidant Refresher

### Ingredients

- ¼ cup coarsely chopped red cabbage
- 1 celery stalk, cut into quarters
- ¾ green apple, unpeeled, cut into quarters
- ¾ cup fresh blueberries
- ½ cup fresh watermelon chunks
- ¾ cup ice

### Directions

- 1 Place all ingredients into the Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Remove blades after blending.



PREP TIME: 5 minutes    SERVINGS: 1    CONTAINER: Small 18-ounce Nutri Ninja® Cup

## Sweet Spinach Detox

### Ingredients

⅓ cup packed baby spinach  
 ¼-inch piece peeled fresh ginger  
 ¾ green apple, unpeeled, cut into thirds  
 ¼ lemon, peeled and seeded  
 2 teaspoons agave nectar or honey  
 ⅓ cup apple juice  
 ⅓ cup water  
 ¼ cup ice

### Directions

- 1 Place all ingredients into the Small 18-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Remove blades after blending.



PREP TIME: 5 minutes    SERVINGS: 1    CONTAINER: Small 18-ounce Nutri Ninja® Cup

## You're Making Me Bananas

### Ingredients

½ orange, peeled and cut in half  
 ¾ cup sweetened almond milk  
 ¼ teaspoon ground nutmeg  
 1 small frozen banana, cut in half

### Directions

- 1 Place all ingredients into the Small 18-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Remove blades after blending.

**NINJA**  
KNOW-HOW

ADD KALE OR SPINACH TO SNEAK SOME GREENS INTO YOUR DIET.

PREP TIME: 5 minutes    SERVINGS: 4    CONTAINER: Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup

## Spiced Cucumber

### Ingredients

- 6-inch piece cucumber, cut into 1-inch chunks
- 1 cup fresh cantaloupe chunks
- ½ jalapeño, seeded
- ¾ cup green seedless grapes
- 1¼ cups water
- ¾ cup ice

### Directions

- 1 Place all ingredients into the Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Remove blades after blending.

PREP TIME: 5 minutes    SERVINGS: 2    CONTAINER: Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup

## Ninja 9

### Ingredients

- 4-inch piece celery stalk
- ½ small green apple, cut into 4 quarters
- 4-inch piece carrot, peeled
- ⅛ small red onion
- ¼ jalapeño pepper, seeded
- ¼ small raw beet, peeled
- ¼ cup roughly chopped red cabbage
- 1½ vine-ripened tomatoes, cut into quarters
- 4-inch piece peeled cucumber, cut into quarters
- ¼ teaspoon sea salt
- ½ cup ice

### Directions

- 1 Place all ingredients into the Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Remove blades after blending.







PREP TIME: 5 minutes    SERVINGS: 1    CONTAINER: Small 18-ounce Nutri Ninja® Cup

## Ginger Pear Defense

### Ingredients

- 1 ripe pear, cored, cut into quarters
- ½ cup fresh cantaloupe chunks
- ¼ lemon, peeled and seeded
- ½-inch piece peeled fresh ginger
- ½ cup ice

### Directions

- 1 Place all ingredients into the Small 18-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® BLEND.
- 3 Remove blades after blending.

PREP TIME: 5 minutes    SERVINGS: 1    CONTAINER: Small 18-ounce Nutri Ninja® Cup

## Berries Galore

### Ingredients

- ½ cup fresh blackberries
- ¼ cup fresh raspberries
- ¼ cup fresh blueberries
- 1 orange, peeled and cut into quarters
- ¼ cup ice

### Directions

- 1 Place all ingredients into the Small 18-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Remove blades after blending.

PREP TIME: 5 minutes    SERVINGS: 1    CONTAINER: Small 18-ounce Nutri Ninja® Cup

## Strawberry Banana Smoothie

### Ingredients

- ½ small ripe banana
- ½ cup low-fat milk
- 2 teaspoons agave nectar
- ½ cup frozen strawberries

### Directions

- 1 Place all ingredients into the Small 18-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Remove blades after blending.

PREP TIME: 5 minutes    SERVINGS: 2    CONTAINER: Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup

## Pear Cleanse

### Ingredients

- 1 cup packed baby spinach
- ½ cup fresh cilantro leaves
- 1¼ ripe pear, cored, cut into quarters
- ¼ ripe avocado, pitted and peeled
- 1 teaspoon fresh lime juice
- 1 pitted date
- ½ cup water
- ½ cup ice

### Directions

- 1 Place all ingredients into the Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Remove blades after blending.





PREP TIME: 5 minutes    SERVINGS: 1    CONTAINER: Small 18-ounce Nutri Ninja® Cup

## Island Mood Boost

### Ingredients

- ½ cup fresh pineapple chunks
- ½ small ripe banana
- 1 cup coconut water
- ½ cup frozen strawberries
- ½ cup frozen mango chunks

### Directions

- 1 Place all ingredients into the Small 18-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Remove blades after blending.

PREP TIME: 5 minutes    SERVINGS: 2    CONTAINER: Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup

## Green Detox Splash

### Ingredients

- ¾ Golden Delicious apple, unpeeled, uncored, cut into eighths
- ¾ cup loosely packed kale leaves
- ⅓ cup loosely packed parsley leaves
- 1½ teaspoons fresh lemon juice
- ½ small ripe banana
- ½ cup water
- ½ cup ice

### Directions

- 1 Place all ingredients into the Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Remove blades after blending.

PREP TIME: 5 minutes    SERVINGS: 1    CONTAINER: Small 18-ounce Nutri Ninja® Cup

## Berry Healthy Smoothie

### Ingredients

- ½ cup packed baby spinach
- ¼ cup hulled fresh strawberries
- ¼ cup fresh blueberries
- ½ cup fresh mango chunks
- ¼ cup fresh pineapple chunks
- ¼ cup water
- ¼ cup ice

### Directions

- 1 Place all ingredients into the Small 18-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Remove blades after blending.

**DO NOT BLEND HOT INGREDIENTS.**

PREP TIME: 5 minutes    SERVINGS: 2    CONTAINER: Small 18-ounce Nutri Ninja® Cup

## Ginger Greens

### Ingredients

- ¾ cup packed baby kale leaves
- ¼ cup loosely packed fresh cilantro leaves
- ¼ ripe avocado, pitted and peeled
- 1 pitted date
- 2 ripe kiwis, peeled and quartered
- 1 teaspoon fresh lime juice
- ¼-inch piece peeled fresh ginger
- ¼ cup coconut water
- ¼ cup ice

### Directions

- 1 Place all ingredients into the Small 18-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Remove blades after blending.



PREP TIME: 5 minutes    SERVINGS: 1    CONTAINER: Regular 24-ounce Nutri Ninja® Cup

## Butternut Squash Blast

### Ingredients

¾ cup cooked, cooled butternut squash

¾ cup unsweetened vanilla almond milk

⅛ cup walnut pieces

1½ teaspoons real maple syrup

1 teaspoon ground turmeric

½ teaspoon ground cinnamon

½ cup ice

### Directions

- 1 Place all ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® BLEND.
- 3 Remove blades after blending.

DO NOT BLEND HOT INGREDIENTS.



*Almond Chai Tea,  
page 45*



PREP TIME: 5 minutes    SERVINGS: 2    CONTAINER: Regular 24-ounce Nutri Ninja® Cup

## Tropical Fruit Tea

### Ingredients

- ½ cup fresh ripe papaya chunks
- 3 dried figs, stemmed and cut in half
- 1½ cups strongly brewed, chilled mango passion fruit tea
- 1 cup frozen pineapple chunks

### Directions

- 1 Place all ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® BLEND.
- 3 Remove blades after blending.

DO NOT BLEND HOT INGREDIENTS.



YOU CAN USE PITTED DATES IN PLACE OF THE DRIED FIGS.

PREP TIME: 5 minutes    SERVINGS: 2    CONTAINER: Regular 24-ounce Nutri Ninja® Cup

## Apple, Spice 'n' Everything Nice

### Ingredients

- ¼ cup golden raisins
- ½ red apple, seeded and cut in half
- 2 packets (.035 ounces each) stevia
- 1½ cups strongly brewed, chilled apple tea
- 1 cup ice

### Directions

- 1 Place all ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® BLEND.
- 3 Remove blades after blending.

DO NOT BLEND HOT INGREDIENTS.

PREP TIME: 5 minutes    SERVINGS: 2    CONTAINER: Regular 24-ounce Nutri Ninja® Cup

## Cherry Dragon Tea

### Ingredients

- 1½ cups strongly brewed, chilled cherry tea
- 2 tablespoons honey
- 1¼ cups frozen dark sweet cherries

### Directions

- 1 Place all ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® BLEND.
- 3 Remove blades after blending.

DO NOT BLEND HOT INGREDIENTS.

PREP TIME: 5 minutes    SERVINGS: 2    CONTAINER: Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup

## Green Tea Detox Tonic

### Ingredients

- 1¼ cups red leaf lettuce
- 2-inch piece cucumber, cut in half
- 2 packets (.035 ounces each) stevia
- 2¼ cups strongly brewed, chilled green tea
- 1¼ cups frozen mixed berries

### Directions

- 1 Place all ingredients into the Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Remove blades after blending.

DO NOT BLEND HOT INGREDIENTS.



PREP TIME: 5 minutes    SERVINGS: 2    CONTAINER: Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup

## Cherry Limeade

### Ingredients

- 1½ cups frozen cherries
- 3 tablespoons fresh lime juice
- 3 cups coconut water

### Directions

- 1 Place all ingredients into the Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® BLEND.
- 3 Pour mixture through a fine-mesh strainer to extract the flavored water.
- 4 Remove blades after blending.
- 5 Store in refrigerator for up to 3 days.

PREP TIME: 5 minutes    SERVINGS: 1    CONTAINER: Small 18-ounce Nutri Ninja® Cup

## Coconut Mango Energyade

### Ingredients

- ¼ cup ripe mango chunks
- 1½ cups coconut water
- 6 fresh mint leaves

### Directions

- 1 Place all ingredients into the Small 18-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® BLEND.
- 3 Remove blades after blending.
- 4 Store in refrigerator for up to 3 days.

PREP TIME: 5 minutes    SERVINGS: 2    CONTAINER: Regular 24-ounce Nutri Ninja® Cup

## Grape Apple Water

### Ingredients

- 1 cup green grapes
- ½ green apple, seeded and cut in half
- 1½ cups cold water
- Sweetener to taste

### Directions

- 1 Place all ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Pour mixture through a fine-mesh strainer to extract the flavored water.
- 4 Remove blades after blending.
- 5 Store in refrigerator for up to 3 days.



TRY A TOUCH OF HONEY  
AS A NATURAL SWEETENER  
IN THIS DRINK.

PREP TIME: 4 minutes    SERVINGS: 4    CONTAINER: Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup

## Ginger Peach Lemonade

### Ingredients

- 2¾ cups lemonade
- 1⅔ cups frozen peach slices
- ½-inch piece peeled fresh ginger
- Sweetener to taste

### Directions

- 1 Place all ingredients into the Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® BLEND.
- 3 Remove blades after blending.
- 4 Store in refrigerator for up to 3 days.



TRY A TOUCH OF HONEY  
AS A NATURAL SWEETENER  
IN THIS DRINK.

PREP TIME: 5 minutes    SERVINGS: 2    CONTAINER: Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup

## Pineapple Mint Water

### Ingredients

- ½ cup fresh pineapple chunks
- 6 fresh mint leaves
- 3 cups cold water
- Sweetener to taste

### Directions

- 1 Place all ingredients into the Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® BLEND.
- 3 Pour mixture through a fine-mesh strainer to extract the flavored water.
- 4 Remove blades after blending.
- 5 Store in refrigerator for up to 3 days.

**NINJA**  
KNOW-HOW

TRY A TOUCH OF AGAVE  
NECTAR AS A NATURAL  
SWEETENER IN THIS DRINK.

PREP TIME: 5 minutes    SERVINGS: 1    CONTAINER: Small 18-ounce Nutri Ninja® Cup

## Almond Chai Tea

### Ingredients

- 3 pitted dates
- 2 tablespoons raw almonds
- ¼ small ripe banana
- 1¼ cups chilled, strongly brewed chai tea

### Directions

- 1 Place all ingredients into the Small 18-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Remove blades after blending.

DO NOT BLEND HOT INGREDIENTS.





PREP TIME: 5 minutes    SERVINGS: 2    CONTAINER: Regular 24-ounce Nutri Ninja® Cup

## Strawberry Basil Water

### Ingredients

- 1 cup hulled fresh strawberries
- ¼ cup packed fresh basil leaves
- 2 cups cold water
- Sweetener to taste

### Directions

- 1 Place all ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® BLEND.
- 3 Remove blades after blending.
- 4 Pour mixture through a fine-mesh strainer to extract the flavored water.
- 5 Store in refrigerator for up to 3 days.

**NINJA**  
KNOW-HOW

TRY A TOUCH OF AGAVE  
NECTAR AS A NATURAL  
SWEETENER IN THIS DRINK.

*Spinach & Feta Strata,  
page 55*





PREP TIME: 5 minutes    SERVINGS: 1    CONTAINER: Small 18-ounce Nutri Ninja® Cup

## Top O' the Mornin' Smoothie

### Ingredients

- 1 small ripe banana, cut into quarters
- ½ teaspoon ground cinnamon
- 1 scoop vanilla protein powder
- 1 cup unsweetened vanilla almond milk
- 1 orange, peeled and cut into quarters
- ½ cup ice

### Directions

- 1 Place all ingredients into the Small 18-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® BLEND.
- 3 Remove blades after blending.

PREP TIME: 5 minutes    SERVINGS: 1    CONTAINER: Small 18-ounce Nutri Ninja® Cup

## Strawberry Protein Power

### Ingredients

- ½ cup nonfat vanilla Greek yogurt
- 2 tablespoons honey
- 1 tablespoon fresh lime juice
- 1¼ cups unsweetened almond milk
- 1 scoop vanilla protein powder
- 1 cup frozen strawberries

### Directions

- 1 Place all ingredients into the Small 18-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® BLEND.
- 3 Remove blades after blending.

PREP TIME: 5 minutes    SERVINGS: 1    CONTAINER: Small 18-ounce Nutri Ninja® Cup

## Almond Wake Me Up

### Ingredients

½ small ripe banana, cut in half  
¾ cup unsweetened vanilla almond milk  
2 tablespoons almond butter  
⅛ teaspoon ground cinnamon  
2 teaspoons pure maple syrup  
½ cup ice

### Directions

- 1 Place all ingredients into the Small 18-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Remove blades after blending.

PREP TIME: 7 minutes    SERVINGS: 1    CONTAINER: Small 18-ounce Nutri Ninja® Cup

## Banana & Oats

### Ingredients

1 small ripe banana  
1 tablespoon walnut pieces  
1 cup nonfat milk  
½ cup cold, cooked oatmeal  
¼ teaspoon ground cinnamon  
½ cup nonfat vanilla yogurt

### Directions

- 1 Place all ingredients into the Small 18-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® BLEND.
- 3 Remove blades after blending.



PREP TIME: 5 minutes    SERVINGS: 1    CONTAINER: Small 18-ounce Nutri Ninja® Cup

## Bright Side Mocha Shake

### Ingredients

½ small ripe banana  
¼ cup chilled coffee  
1½ tablespoons almond butter  
1 teaspoon unsweetened cocoa powder  
1 teaspoon agave nectar  
½ cup unsweetened almond milk  
Dash sea salt  
1 cup ice

### Directions

- 1 Place all ingredients into the Small 18-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® BLEND.
- 3 Remove blades after blending.

DO NOT BLEND HOT INGREDIENTS.

PREP TIME: 6 minutes    COOK TIME: 15 minutes    SERVINGS: 2    CONTAINER: Regular 24-ounce Nutri Ninja® Cup

## Banana Sweet Potato Blast

### Ingredients

4 pitted dates  
¾ cup cooked, cooled sweet potato  
1 small ripe banana, cut in half  
¼ teaspoon ground nutmeg  
1 cup nonfat milk  
1 cup ice

### Directions

- 1 Soak the dates in 1 cup warm water for 30 minutes. Drain; set aside.
- 2 Place the dates and remaining ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed.
- 3 Select Auto-iQ® BLEND.
- 4 Remove blades after blending.





PREP TIME: 5 minutes COOK TIME: 5 minutes MAKES: 4 servings  
CONTAINER: Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup

## Buckwheat Boost Pancakes

### Ingredients

- 1 cup buttermilk
- 1 large egg
- 3 tablespoons canola oil
- ½ cup buckwheat flour
- ½ cup all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon sugar
- ½ teaspoon salt
- 1 tablespoon honey

### Directions

- 1 Place the buttermilk, egg, and canola oil into the Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup.
- 2 Select START and blend for 5 seconds. Add the rest of the ingredients, except the honey, and blend for an additional 5 seconds. Add the honey and blend for 5 more seconds. Remove cup from the base and **remove the blade from the cup**. Cover the cup with plastic wrap and let sit for 1 hour.
- 3 Place a lightly oiled griddle or skillet over medium heat. Pour pancake batter in desired size and cook until small bubbles form. Flip and continue cooking until center is puffed and springs back when gently pushed.

DO NOT BLEND HOT INGREDIENTS.

PREP TIME: 5 minutes + 4 hours rest COOK TIME: 25 minutes MAKES: 8 servings  
CONTAINER: Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup

## Spinach & Feta Strata

### Ingredients

- 5 large eggs
- 1 cup half & half
- ½ cup Monterey Jack cheese, cubed
- ½ cup feta cheese, cubed
- ¼ teaspoon ground nutmeg
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup cooked spinach, well drained (about 6 cups fresh)
- 1 loaf day-old French bread, crusts removed, torn into bite-sized pieces

### Directions

- 1 Coat a round 9-inch baking pan with vegetable cooking spray. Place the torn bread into the pan; set aside.
- 2 Place the eggs, half & half, Monterey Jack cheese, feta cheese, nutmeg, salt, and pepper to the Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup.
- 3 PULSE 5 times, using short pulses. Add the spinach and PULSE 2 more times, until incorporated.
- 4 Remove blades after blending.
- 5 Pour the spinach and egg mixture over the bread. Place into the fridge for 4 hours to allow the egg mixture to soak into the bread.
- 6 Preheat oven to 350°F. Bake 20 to 25 minutes, until puffed and golden brown. Serve warm.

DO NOT BLEND HOT INGREDIENTS.





PREP TIME: 10 minutes   MAKES: 2 servings   CONTAINER: Regular 24-ounce Nutri Ninja® Cup

## Tomato Basil Scramble

### Ingredients

- 4 large eggs
- ¼ cup vine-ripe tomato, deseeded
- ¼ cup mozzarella
- ¼ cup loosely packed fresh basil leaves
- ⅛ teaspoon salt
- ⅛ teaspoon ground black pepper

### Directions

- 1 Place all ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed. PULSE until finely chopped.
- 2 Coat a non-stick sauté pan with cooking spray and place over medium-high heat. Cook the eggs, stirring frequently, until fluffy and cooked through.
- 3 Remove blades after blending.

**NINJA**  
KNOW-HOW

SUBSTITUTE 6 LARGE EGG WHITES FOR A LOWER-CHOLESTEROL BREAKFAST.



*Curried Carrot Soup,  
page 70*



PREP TIME: 5 minutes    MAKES: 1 ¼ cups    CONTAINER: Regular 24-ounce Nutri Ninja® Cup

## Classic Hummus

### Ingredients

- 1 can (14 ounces) garbanzo beans, drained and liquid reserved
- ¼ cup plus 2 tablespoons garbanzo bean liquid
- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 1 clove garlic
- 1 tablespoon tahini
- ½ teaspoon ground cumin
- ½ teaspoon salt

### Directions

- 1 Place all ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Remove blades after blending.

PREP TIME: 10 minutes    MAKES: 1 ¾ cups    CONTAINER: Regular 24-ounce Nutri Ninja® Cup

## Salsa Verde

### Ingredients

- ¼ small yellow onion, cut in half
- ¼ jalapeño, seeded
- 1 garlic clove, peeled
- 3 tablespoons flat-leaf parsley
- ⅓ cup packed fresh cilantro
- ½ poblano or Anaheim pepper, seeded and cut in chunks
- 4 tomatillos, peeled and cut in quarters
- ¼ cup extra-virgin olive oil
- 1 tablespoon fresh lime juice
- ¼ teaspoon kosher salt

### Directions

- 1 Place all ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed.
- 2 Select START and blend for 15 to 20 seconds.
- 3 Remove blades after blending.

PREP TIME: 10 minutes   MAKES: 2 ½ cups   CONTAINER: Regular 24-ounce Nutri Ninja® Cup

## Smokey Sweet Pepper Dip with Crostini

### Ingredients

- 2-inch piece French bread, cut in half
- 2 tablespoon olive oil
- 1 can (14 ounces) garbanzo beans, drained
- 1 jar (4 ounces) roasted red peppers, drained
- 1 clove garlic
- 1 tablespoon balsamic vinegar
- ½ teaspoon smoked paprika
- ½ teaspoon salt
- ¼ teaspoon black pepper

### Directions

- 1 Preheat oven broiler to high. Lightly brush bread slices with oil on one side and place under the broiler pan, oiled side up. Broil until toasted; set aside to cool slightly.
- 2 Place the toasted bread and remaining ingredients into the Regular 24-ounce Nutri Ninja® Cup. Select START and blend until smooth. Taste and adjust seasonings. Serve alongside pita chips and fresh vegetables.
- 3 Remove blades after blending.

DO NOT BLEND HOT INGREDIENTS.

PREP TIME: 10 minutes   MAKES: 1 cup   CONTAINER: Small 18-ounce Nutri Ninja® Cup

## Pineapple Cilantro Dipping Sauce

### Ingredients

- 1 cup fresh pineapple chunks
- ½ jalapeño pepper, seeded
- ¼ small white onion, cut in half
- ¼ cup fresh cilantro leaves
- 1½ tablespoons fresh lime juice
- 1 tablespoon coconut oil
- salt and pepper to taste

### Directions

- 1 Place all ingredients into the Small 18-ounce Nutri Ninja® Cup in the order listed.
- 2 Select START and blend for 15 seconds.
- 3 Remove blades after blending.

**NINJA**  
KNOW-HOW

STORE CILANTRO IN A WET PAPER TOWEL IN THE CRISPER DRAWER TO KEEP FRESH.







PREP TIME: 10 minutes   MAKES: 6 servings   CONTAINER: Small 18-ounce Nutri Ninja® Cup

## Tabbouleh Dip

### Ingredients

- 3-inch piece cucumber, cut into quarters
- ¼ small yellow onion, cut in half
- 2 tablespoons fresh mint leaves
- ½ cup loosely packed parsley leaves
- 1½ vine-ripe tomatoes, cut into quarters
- ¼ teaspoon ground black pepper
- ¼ teaspoon salt
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice

### Directions

- 1 Place all ingredients into the Small 18-ounce Nutri Ninja® Cup in the order listed.
- 2 Select START and blend for 15 seconds.
- 3 Remove blades after blending.

**NINJA**  
KNOW-HOW

SERVE THIS AS AN ACCOMPANIMENT TO GRILLED FISH, BEEF, OR LAMB.

PREP TIME: 25 minutes   COOK TIME: 9 minutes   MAKES: 10 servings   CONTAINER: Small 18-ounce Nutri Ninja® Cup

## French Onion Dip

### Ingredients

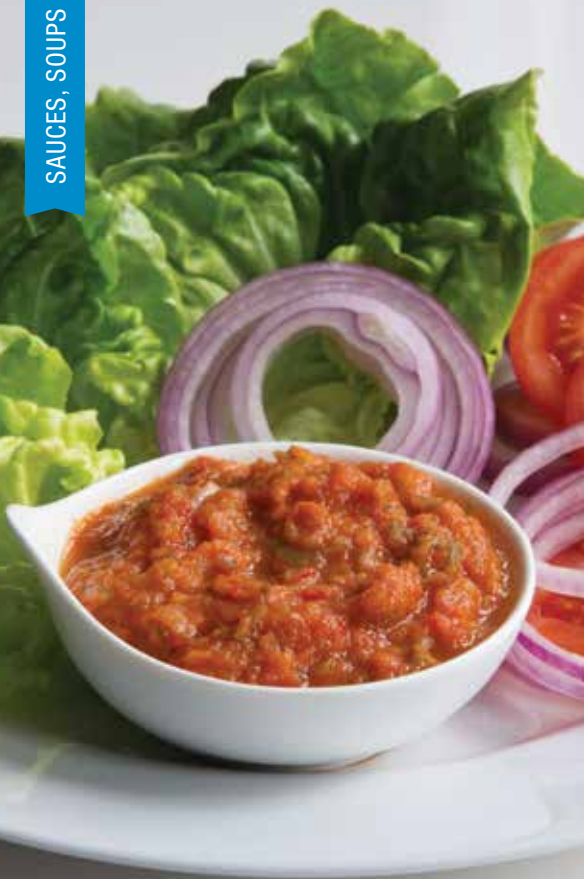
- 1 tablespoon vegetable oil
- 1 medium yellow onion, chopped
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 3 tablespoons malt vinegar
- 6 ounces nonfat cream cheese, softened
- ½ cup nonfat sour cream

### Directions

- 1 In a 10-inch sauté pan at medium heat, add the oil, onion, salt and black pepper. Cook for 6 to 8 minutes or until caramelized, stirring occasionally. Add the malt vinegar and cook for 1 minute.
- 2 Remove from the heat and let cool for 10 minutes.
- 3 Place the cooked onion mixture, tofu, cream cheese and sour cream into the Small 18-ounce Nutri Ninja® Cup.
- 4 Select START and blend for 15 seconds.
- 5 Remove blades after blending.

DO NOT BLEND HOT INGREDIENTS.





**PREP TIME:** 10 minutes **COOK TIME:** 25 minutes **MAKES:** 1 ¾ cups  
**CONTAINER:** Small 18-ounce Nutri Ninja® Cup

## Fresh & Healthy Ketchup Relish

### Ingredients

¾ cup yellow onion, peeled, cut in quarters, divided

½ red bell pepper, seeded, chopped

1 clove garlic

2 vine-ripe tomatoes, seeded and cut in quarters

1 tablespoon plus 2 teaspoons apple cider vinegar

½ teaspoon molasses

¼ teaspoon ground black pepper

¾ cup kosher baby dill pickles, cut in half

1 tablespoon Dijon mustard

### Directions

- 1 Place the ½ small yellow onion, red bell pepper, garlic, tomatoes, apple cider vinegar, molasses and ground black pepper into the Small 18-ounce Nutri Ninja® Cup.
- 2 Select Auto-iQ® BLEND.
- 4 Remove blades after blending.
- 5 Pour the tomato mixture into a 2-quart saucepot and cook on medium heat for 25 minutes, stirring occasionally.
- 6 Remove from the heat and pour into an airtight container and refrigerate for 1 hour.
- 7 Place the ¼ small yellow onion, pickles, Dijon mustard and the cooled tomato mixture into the Small 18-ounce Nutri Ninja® Cup.
- 8 PULSE 6 times or to desired consistency is achieved.

**DO NOT BLEND HOT INGREDIENTS.**

**PREP TIME:** 25 minutes **COOK TIME:** 30 seconds **MAKES:** 1 ½ cups **CONTAINER:** Regular 24-ounce Nutri Ninja® Cup

## Kale & Sunflower Pesto

### Ingredients

¼ medium bunch kale, stems removed

¼ cup loosely packed fresh basil leaves

1 small garlic clove

2 tablespoons unsalted, roasted sunflower seeds

2 tablespoons parmesan cheese

Zest and juice of ½ lemon

¼ cup water

Sea salt to taste

Fresh ground pepper

¼ cup olive oil, plus more as needed

### Directions

- 1 Bring 4 quarts of salted water to a boil. Blanch the kale leaves for 30 seconds and upon removal, immediately plunge into ice water. Squeeze the kale leaves dry and set aside.
- 2 Add the kale, basil, garlic, sunflower seeds, Parmesan cheese, lemon juice/zest, olive oil, and a pinch of salt and pepper to the Regular 24-ounce Nutri Ninja® Cup.
- 3 PULSE 5 times and then BLEND continuously until desired pesto consistency is achieved. Add more oil if needed. Set aside.
- 4 Remove blades after blending.

**DO NOT BLEND HOT INGREDIENTS.**



PREP TIME: 5 minutes COOK TIME: 25 minutes MAKES: 2–4 servings CONTAINER: Regular 24-ounce Nutri Ninja® Cup

## Sun-Dried Tomato Sauce

### Ingredients

- ½ onion, peeled and cut in quarters
- ½ tablespoon canola oil
- 2 cloves garlic
- 1 can (14 ounces) whole peeled tomatoes and juice
- 3 ounces sun-dried tomatoes packed in olive oil
- ¼ cup dry red wine
- ¼ teaspoon red pepper flakes
- ⅓ bunch basil, chopped
- Salt and pepper to taste

### Directions

- 1 Place all ingredients into the 24-ounce Nutri Ninja® Cup in the order listed. Select START and blend until smooth.
- 2 Place sauce into a medium saucepan and bring to a boil over medium heat. Reduce heat and simmer 20 to 25 minutes.
- 3 Remove blades after blending.

PREP TIME: 5 minutes MAKES: 2 cups CONTAINER: Regular 24-ounce Nutri Ninja® Cup

## Best Blender Salsa

### Ingredients

- 1 can (14 ounces) whole peeled tomatoes
- ½ white onion, peeled and quartered
- ½ jalapeno, seeds removed
- ½ chipotle chili, in adobo
- 1 tablespoon adobo sauce
- ½ lime, peeled and quartered
- salt and pepper to taste

### Directions

- 1 Place all ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed.
- 2 PULSE until desired consistency is achieved.
- 3 Remove blades after blending.

**NINJA**  
KNOW-HOW

FOR A TROPICAL TWIST,  
ADD ½ CUP FRESH MANGO  
TO CUP BEFORE PULSING.





PREP TIME: 15 minutes COOK TIME: 30 minutes MAKES: 4 servings CONTAINER: Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup

## Cream of Sweet Potato Soup

### Ingredients

- 1 tablespoon olive oil
- ½ medium yellow onion, chopped
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2¾ cups sweet potatoes, cut into 1-inch chunks
- 2 cups unsalted vegetable broth
- ¾ cup light cream

### Directions

- 1 Preheat a 3-quart saucepot on medium-low heat. Add the oil and onions and sauté, stirring occasionally, until translucent, 3 to 5 minutes.
- 2 Add the salt, black pepper, sweet potatoes and vegetable broth. Bring to a boil, reduce the heat to medium-low, and cook 20 to 25 minutes or until the sweet potatoes are fork-tender.
- 3 Remove from heat and cool to room temperature.
- 4 Place the cooled sweet potato mixture into the Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup.
- 5 Select Auto-iQ® BLEND.
- 6 Remove blades after blending.
- 7 Place the pureed sweet potato mix back into saucepan stir in the light cream; simmer until heated through.

DO NOT BLEND HOT INGREDIENTS.

PREP TIME: 15 minutes COOK TIME: 35 minutes MAKES: 2 servings CONTAINER: Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup

## White Bean & Cabbage Soup

### Ingredients

- 2 teaspoons olive oil
- 1 clove garlic
- 1 small yellow onion, chopped
- 1 celery stalk, chopped
- ⅓ cup chopped green pepper
- 2 cups chopped green cabbage
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ⅛ teaspoon dried oregano leaves
- 3 cups unsalted vegetable broth
- 1 can (15 ounces) cannellini beans, drained and rinsed

### Directions

- 1 Place a 3-quart saucepan over medium-low heat. Add the oil, garlic, onions, celery and green pepper. Cook for 7 minutes.
- 2 Add the green cabbage, salt, black pepper, oregano, and vegetable broth. Bring to a boil, reduce the heat to medium-low and cook 30 to 35 minutes.
- 3 Remove from heat and cool to room temperature.
- 4 Working in two batches, place half of the cooled soup into the Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup.
- 5 Select Auto-iQ® BLEND.
- 6 Remove blades after blending.
- 7 Place the pureed soup into a medium bowl and continue with remaining soup. Return all pureed soup back to the saucepan and add the cannellini beans; simmer until heated through.

DO NOT BLEND HOT INGREDIENTS.

PREP TIME: 15 minutes    COOK TIME: 30 minutes    MAKES: 4 servings    CONTAINER: Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup

## Curried Carrot Soup

### Ingredients

- 2 teaspoons olive oil
- 3 cloves garlic
- ¾ medium yellow onion, cut into 3 pieces
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 teaspoons red curry paste
- 2¼ cups carrots, peeled and cut into 1-inch chunks
- 2¼ cups low-sodium chicken broth
- 1¼ cups light coconut milk

### Directions

- 1 Place a 3-quart saucepan over medium heat. Add the oil and sauté the garlic and onions 3 to 5 minutes, stirring until translucent.
- 2 Add the salt, black pepper, red curry paste, carrots, and chicken broth to the saucepan. Bring to a boil, reduce heat to medium-low, and cook 20 to 25 minutes or until the carrots are fork-tender.
- 3 Remove from heat, add the coconut milk, and cool to room temperature.
- 4 Working in two batches, place half of the cooled soup into the Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup.
- 5 Select Auto-iQ® BLEND.
- 6 Remove blades after blending.
- 7 Place the pureed soup into a medium bowl and continue with remaining soup. Return all pureed soup back to the saucepan and simmer until heated through.

DO NOT BLEND HOT INGREDIENTS.

PREP TIME: 10 minutes    MAKES: 4 servings    CONTAINER: Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup

## Cucumber Avocado Soup

### Ingredients

- 1½ avocados, pitted, peeled, and cut into quarters
- ⅓ yellow pepper, seeded and cut in half
- ½ jalapeño, seeded and cut in half
- ⅓ cup packed cilantro leaves
- 1 clove garlic
- ½ teaspoon salt
- 1 tablespoon fresh lemon juice
- 1½ cups low-sodium chicken broth
- 6-inch piece cucumber, cut into 1-inch chunks

### Directions

- 1 Place all ingredients into the Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® BLEND.
- 3 Remove blades after blending.
- 4 Chill before serving.

PREP TIME: 15 minutes COOK TIME: 15 minutes MAKES: 2 servings CONTAINER: Regular 24-ounce Nutri Ninja® Cup

## Chilled Spanish Tomato Soup

### Ingredients

- 2-inch piece of baguette, quartered
- 1 cup warm water
- 3 vine-ripe tomatoes, cored and quartered
- 1 clove garlic
- 1/8 cup dry roasted almonds
- 1/4 cup olive oil
- 3/4 teaspoon sherry vinegar
- 3/4 teaspoon salt
- 1/8 teaspoon ground black pepper

### Directions

- 1 Place the baguette and warm water into a small bowl and let sit for 10 minutes, allowing the bread to soften. In a mesh strainer set over a medium bowl, squeeze out the tomato seeds from each quartered piece. Set the quartered, cleaned tomatoes aside. Push the seeds around in the mesh strainer to release as much liquid as possible. Reserve the extracted liquid and discard the remaining seeds.
- 2 Squeeze the baguette of excess liquid and place baguette into the Regular 24-ounce Nutri Ninja® Cup. Add the tomatoes, tomato liquid, garlic, almonds, olive oil, sherry vinegar, salt, and pepper.
- 3 PULSE 3 times, using short pulses, then select START and blend for 45 seconds.
- 4 Remove blades after blending.
- 5 Chill at least 2 hours before serving. Adjust seasonings and garnish with your desired toppings!

DO NOT BLEND HOT INGREDIENTS.



WE RECOMMEND TOPPING THIS SILKY SMOOTH SOUP WITH CHOPPED HARD BOILED EGGS AND FRESH CUT CHIVES.

PREP TIME: 15 minutes COOK TIME: 35 minutes MAKES: 4 servings CONTAINER: Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup

## Kale & Celery Root Soup

### Ingredients

- 2 teaspoons olive oil
- 2 garlic cloves, peeled and chopped
- 3/4 small yellow onion, chopped
- 1/2 bulb celery root, peeled and chopped
- 2 cups packed kale leaves, chopped
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 3 cups unsalted vegetable broth

### Directions

- 1 Preheat a 5-quart saucepan over medium heat. Add the oil, garlic, and onions. Gently stir to sauté 3 to 5 minutes or until translucent.
- 2 Add the remaining ingredients, bring to a boil, reduce heat to medium-low and simmer 20 to 25 minutes or until the celery root is fork-tender.
- 3 Remove from heat and cool to room temperature.
- 4 Working in two batches, place half of the cooled soup into the Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup.
- 5 Select Auto-iQ® BLEND. Return pureed soup to saucepan and simmer until heated through.
- 6 Remove blades after blending.

DO NOT BLEND HOT INGREDIENTS.



PREP TIME: 10 minutes   MAKES: 1 cup   CONTAINER: Small 18-ounce Nutri Ninja® Cup

## Basil Mayonnaise

### Ingredients

- ¾ cup packed fresh basil leaves
- ¾ cup light mayonnaise
- 1 teaspoon Dijon mustard
- 1 teaspoon fresh lime juice
- ½ teaspoon salt
- 2 teaspoons cold water

### Directions

- 1 Place all ingredients into the Small 18-ounce Nutri Ninja® Cup in the order listed.
- 2 PULSE until desired consistency is achieved, using long pulses.
- 3 Remove blades after blending.



SERVE ATOP TURKEY BURGERS, CHICKEN PANINI, OR EVEN FISH.

PREP TIME: 10 minutes   MAKES: 1 ¾ cups   CONTAINER: Regular 24-ounce Nutri Ninja® Cup

## Apricot-Mustard Dressing

### Ingredients

- ½ cup apricot jam
- 2 tablespoons Dijon mustard
- ¼ cup rice wine vinegar
- 3 tablespoons honey
- 2 tablespoons fresh thyme, stems removed
- ½ teaspoon salt
- 3 tablespoons olive oil
- ¾ cup nonfat sour cream

### Directions

- 1 Place all ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed.
- 2 PULSE 3 times, using short pulses, then select START and blend for 45 seconds.
- 3 Remove blades after blending.



YOU CAN SUBSTITUTE GRADE B MAPLE SYRUP FOR THE HONEY.

PREP TIME: 5 minutes   MAKES: 12 ounces   CONTAINER: Small 18-ounce Nutri Ninja® Cup

## Carrot Ginger Dressing

### Ingredients

- 1 large carrot, peeled and cut into chunks
- 1 shallot, peeled and halved
- 2-inch piece peeled fresh ginger
- 1 tablespoon tamari or soy sauce
- 2 tablespoons rice wine vinegar
- 1 tablespoon roasted sesame seed oil
- ¼ cup grape seed oil or other neutral vegetable oil
- 2 tablespoons water

### Directions

- 1 Place all ingredients into the Small 18-ounce Nutri Ninja® Cup in the order listed.
- 2 Select START and blend for 30 seconds, or until desired consistency is achieved.
- 3 Remove blades after blending.

PREP TIME: 15 minutes   MAKES: 1 ¼ cups   CONTAINER: Small 18-ounce Nutri Ninja® Cup

## Everyday Vinaigrette

### Ingredients

- ½ cup packed fresh cilantro, stems removed
- ⅓ cup packed flat-leaf parsley, stems removed
- 2 tablespoons roughly chopped chives
- 1 clove garlic
- ¼ teaspoon ground black pepper
- ¼ teaspoon salt
- 1 tablespoon Dijon mustard
- ¼ cup apple cider vinegar
- ¾ cup olive oil

### Directions

- 1 Place all ingredients into the Small 18-ounce Nutri Ninja® Cup in the order listed.
- 2 Select START, and blend for 25 seconds, or until desired consistency is achieved.
- 3 Remove blades after blending.

PREP TIME: 10 minutes   MAKES: 2 cups   CONTAINER: Regular 24-ounce Nutri Ninja® Cup

## Avocado Caesar Dressing

### Ingredients

- 1 ripe avocado, pitted and cut in half
- 3 cloves garlic
- 1-inch chunk (1½ ounces) Parmesan cheese
- 2 oil-cured anchovy filets
- ½ teaspoon ground black pepper
- 2 tablespoons fresh lemon juice
- 2 tablespoons apple cider vinegar
- 1 cup cold water
- ⅛ teaspoon salt

### Directions

- 1 Place all ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed.
- 2 Select START, and blend for 30 seconds, or until desired consistency is achieved.
- 3 Remove blades after blending.



SERVE DRESSING WITH A ROMAINE SALAD; FOR A FULL MEAL, ADD GRILLED CHICKEN BREAST OR SALMON.

PREP TIME: 15 minutes   MAKES: 1 cup   CONTAINER: Small 18-ounce Nutri Ninja® Cup

## Supreme Goddess Dressing

### Ingredients

- 3 tablespoons rice wine vinegar
- 2 tablespoons Dijon mustard
- 2 tablespoons light mayonnaise
- ¼ cup low-fat sour cream
- ¼ cup olive oil
- 1 clove garlic
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- ¼ cup loosely packed fresh parsley leaves
- 2 tablespoons loosely packed fresh tarragon leaves
- 2 tablespoons fresh dill sprigs
- 1 scallion, cut into 4 pieces

### Directions

- 1 Place all ingredients into the Small 18-ounce Nutri Ninja® Cup in the order listed.
- 2 Select START, and blend for 20 seconds, or until desired consistency is achieved.
- 3 Remove blades after blending.



PREP TIME: 5 minutes   MAKES: 2 cups   CONTAINER: Regular 24-ounce Nutri Ninja® Cup

## Asian Marinade

### Ingredients

- 1/3 cup rice wine vinegar
- 1/2 cup low-sodium soy sauce
- 1/2 lime, peeled
- 1/2 lemon, peeled and seeded
- 1/2 orange, peeled and seeded
- 1 tablespoon ground coriander
- 1/2-inch piece peeled fresh ginger
- 3 cloves garlic
- 2 scallions, each cut in half

### Directions

- 1 Place all ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed.
- 2 Select START, and blend for 30 seconds, or until desired consistency is achieved.
- 3 Remove blades after blending.



*Tropical Fresh Fruit  
Ice Pops,  
page 88*

PREP TIME: 5 minutes   MAKES: 4 servings   CONTAINER: Regular 24-ounce Nutri Ninja® Cup

## Hawaiian Frappe

### Ingredients

- ½ small ripe banana
- 1 cup frozen pineapple chunks
- 1 cup coconut water
- 1 tablespoon coconut oil
- 1 cup ice

### Directions

- 1 Place all ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed.
- 2 Select START and blend for 30 seconds.
- 3 Remove blades after blending.

PREP TIME: 5 minutes   MAKES: 2 servings   CONTAINER: Regular 24-ounce Nutri Ninja® Cup

## Frozen Chocolate Treat

### Ingredients

- 1 cup low-fat milk, separated
- ¼ cup instant nonfat dry milk
- 2½ tablespoons unsweetened cocoa powder
- 2 tablespoons agave nectar
- Pinch salt
- 1½ cups ice

### Directions

- 1 In a bowl, combine ½ cup of the milk with the instant nonfat dry milk, cocoa powder, agave, and salt. Stir with a whisk or a fork until all ingredients have formed a smooth slurry.
- 2 Add the ice to the Regular 24-ounce Nutri Ninja® Cup followed by the slurry and the last ½ cup of milk.
- 3 Select Auto-iQ® ULTRA BLEND.
- 4 Remove blades after blending.



**PREP TIME:** 5 minutes **MAKES:** 4 servings **CONTAINER:** Regular 24-ounce Nutri Ninja® Cup

## Banana Chocolate Mousse

### Ingredients

**2 small ripe bananas, peeled and cut into quarters**

**2 ripe avocados, pitted, peeled, and cut into quarters**

**¼ cup chocolate syrup**

**Juice of half an orange**

**¼ cup unsweetened cocoa powder**

### Directions

- 1 Place all ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed.
- 2 PULSE 3 times, using short pulses, then select START and blend for 45 seconds.
- 3 Remove blades after blending.

**NINJA**  
KNOW-HOW

MICROWAVE 2 OUNCES OF DARK CHOCOLATE INSTEAD OF SYRUP FOR A RICHER FLAVOR.

**PREP TIME:** 5 minutes **MAKES:** 4 servings **CONTAINER:** Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup

## Monkey Madness

### Ingredients

**1½ small ripe bananas**

**2 tablespoons plus 1 teaspoon unsweetened cocoa powder**

**1½ cups sweetened almond milk**

**2 tablespoons agave nectar**

**⅓ cup almond butter**

**1½ cups ice**

### Directions

- 1 Place all ingredients into the Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup in the order listed.
- 2 Select START and blend for 30 seconds.
- 3 Remove blades after blending.

PREP TIME: 5 minutes   MAKES: 2½ cups   CONTAINER: Regular 24-ounce Nutri Ninja® Cup

## Cherry Cheesecake Dip

### Ingredients

¾ cup dried cherries  
 1 tablespoon unsweetened almond milk  
 1 tablespoon almond butter  
 1 packet (.035 ounce) stevia  
 1 package (8 ounces) nonfat cream cheese, softened  
 1⅓ cups frozen dark sweet cherries, thawed

### Directions

- 1 Place all ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed.
- 2 PULSE for 10 times, then select START and blend for 15 seconds.
- 3 Remove blades after blending.

PREP TIME: 5 minutes   MAKES: 4 servings   CONTAINER: Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup

## Vanilla Nut Frozen Treat

### Ingredients

⅔ cup vanilla oat milk  
 ½ cup walnut pieces  
 ¼ teaspoon pure vanilla extract  
 1 packet (.035 ounce) stevia  
 ¾ cup nonfat vanilla Greek yogurt  
 2½ cups ice

### Directions

- 1 Place all ingredients into the Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® ULTRA BLEND.
- 3 Remove blades after blending.

**NINJA**  
 KNOW-HOW

YOU CAN SUBSTITUTE PECANS FOR THE WALNUTS FOR AN EVEN RICHER FLAVOR.

**PREP TIME:** 5 minutes **MAKES:** 8 popsicles  
**CONTAINER:** Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup

## Tropical Fresh Fruit Ice Pops

### Ingredients

**1¼ cups fresh mango chunks**

**2¾ cups fresh pineapple chunks**

**2 tablespoons agave nectar**

### Directions

- 1 Place all ingredients into the Jumbo Multi-Serve 32-ounce Nutri Ninja® Cup in the order listed.
- 2 Select Auto-iQ® BLEND.
- 3 Remove blades after blending.
- 4 Pour into popsicle molds and freeze overnight or until solid.

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**75** **Nutritious & Delicious** RECIPES





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