

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

# NUTRI NINJA® | NINJA® BLENDER SYSTEM

Auto-iQ®  
TECHNOLOGY

Let's Get Started!  
Assembly, Tips & Recipes.

25  
RECIPES!



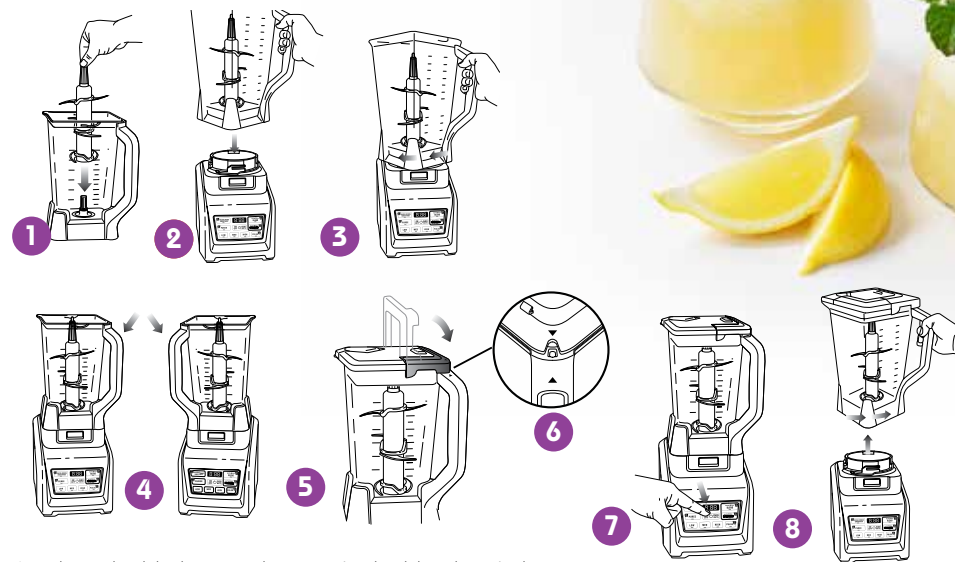
# Congratulations!

Welcome to the Ninja® Auto-iQ® Experience! Ninja's Auto-iQ® technology features intelligent programs that combine pulsing, blending, and pausing patterns that do the work for you! Get great results every time with no guesswork required! These programs are timed to deliver delicious results, so all you have to do is press a button and enjoy.

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## Assembly & Disassembly with pitcher



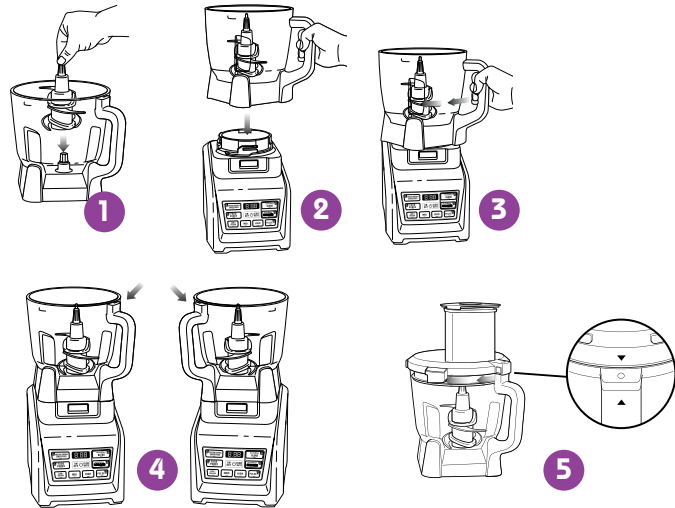
1. Place the blade onto the gear in the blender pitcher.
2. Form a diamond by placing one of the corners of the blender pitcher over the Ninja® logo on the base.
3. Lock the pitcher into place by rotating the pitcher clockwise until you hear a click.
4. The pitcher can be placed on the base two ways, with the handle in the front right or front left position.
5. To place the lid on the jar press the release button so the handle is upright.
6. Align the arrows on the lid and the pitcher handle, then lock the lid in place by pressing the handle down until you hear a click.
7. Select the Auto-iQ® program or desired speed.
8. When the program finishes, turn off the appliance and wait for the blade to stop turning. Turn pitcher anticlockwise to remove.



**CAUTION:** Removable blades are very sharp! Always grab the top of the blade shaft to avoid injuries. When pouring, we recommend you use the pour spout with the lid on. Do not pour without a lid as blades will fall out.

**NOTE:** Programs applicable for the blender pitcher will illuminate once the pitcher is locked onto the base.

# Assembly & Disassembly with processor bowl



1. Place the blade or spindle onto the gear inside the food processor bowl. If using a disc, use the finger holes to grasp the selected disc and place it over the spindle.
2. Form a diamond by placing one of the corners of the food processor bowl over the Ninja® logo on the base.
3. Lock the food processor bowl into place by rotating the bowl clockwise until you hear a click.
4. The food processor bowl can be placed on the base two ways, with the handle in the front right or front left position.
5. Holding the feed chute lid, place it on top of the bowl and turn clockwise aligning the arrow located on the lid with the arrow located on the bowl's handle. You will hear a click when the lid is locked in place.
6. Select the Auto-iQ® program or desired speed.
7. When the program finishes, turn off the appliance and wait for the blade to stop turning. Turn bowl anticlockwise to remove.

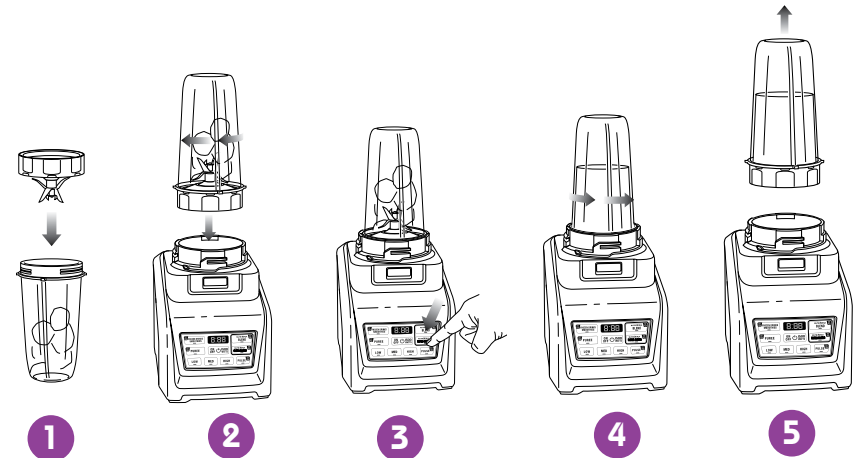


**CAUTION:** Removable blades are very sharp! Always grab the top of the blade shaft to avoid injuries. When pouring, we recommend you use the pour spout with the lid on. Do not pour without a lid as blades will fall out.

**CAUTION:** Handle the cutting discs carefully as they are very sharp. Always use the finger holes to grasp the disc.

**NOTE:** Programs applicable for the Food Processor Bowl will illuminate once the Food Processor Bowl is locked onto the base.

# Assembly & Disassembly with Nutri Ninja® Cup



1. After adding ingredients to the Nutri Ninja® cup, place the Pro Extractor Blades™ onto the cup and screw it on tightly.
2. Flip the cup upside down, place the cup onto the base and turn clockwise until you hear a click.
3. Select the Auto-iQ® program or desired speed. All Auto-iQ® programs have blend, pulse, and pause patterns that automatically stop once the countdown timer reaches 0:00.
4. To remove, rotate the cup anticlockwise.
5. Pull the cup straight up.
6. Remove blades from cup after blending.



**CAUTION:** Remove the Nutri Ninja Blade Assembly from the cup upon completion of blending. Some ingredients have the potential to expand after blending resulting in excessive pressure build up that can pose a risk of injury.

**NOTE:** Programs applicable for the Nutri Ninja® Cup will illuminate once the Nutri Ninja® Cup is locked onto the base.



# Nutri Ninja® | Ninja® Blender System

## with **Auto-iQ® Technology**

Auto-iQ® programs combine pulsing, blending, and pausing patterns that do the work for you! Get great results every time with no guesswork required! No more standing over a blender, simply press a button and get the time you need to get other things done.

### **Auto-iQ® Frozen Drinks/Smoothies:**

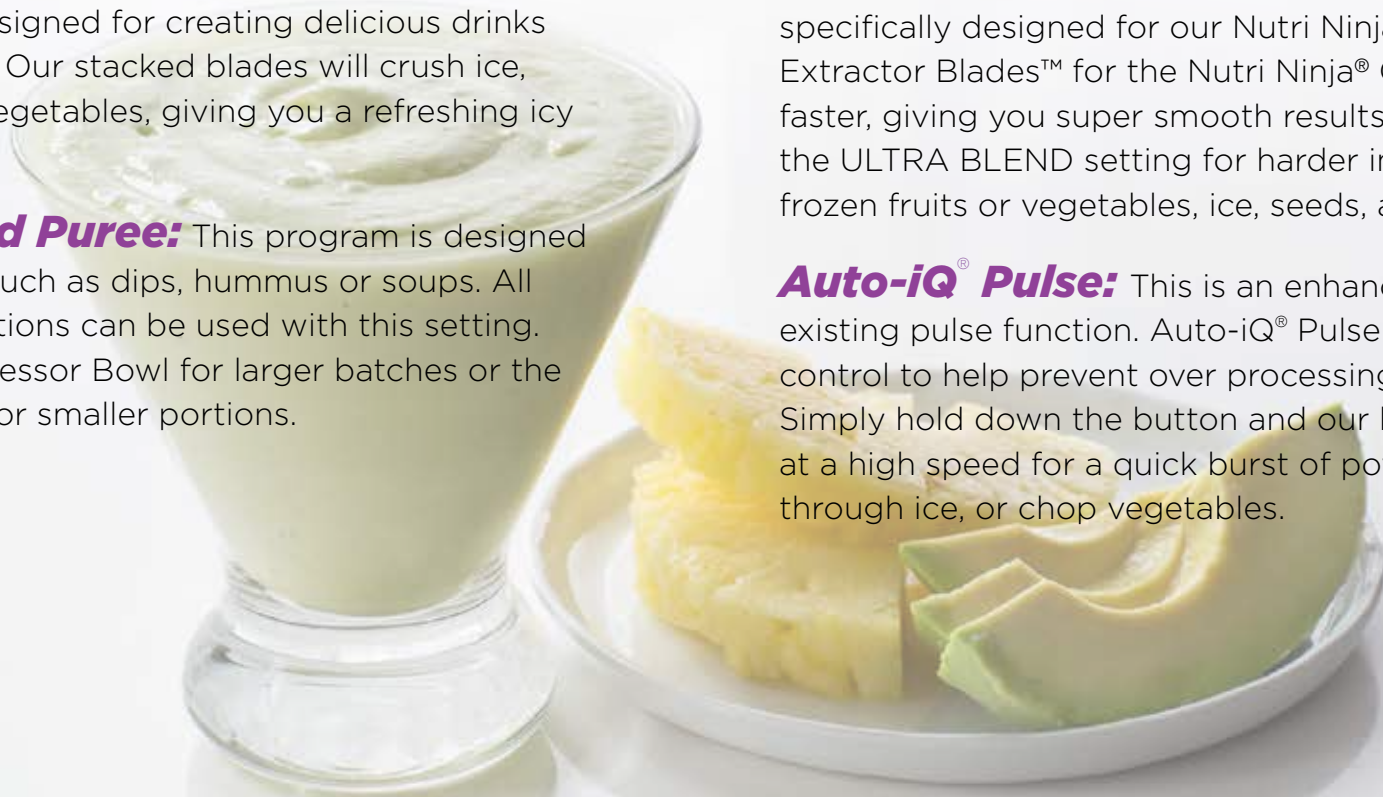
This program is designed for creating delicious drinks in our 2.1 L Pitcher. Our stacked blades will crush ice, frozen fruits and vegetables, giving you a refreshing icy beverage!

**Auto-iQ® Food Puree:** This program is designed for making foods such as dips, hummus or soups. All three jar configurations can be used with this setting. Use the Food Processor Bowl for larger batches or the Nutri Ninja® Cups for smaller portions.

**Auto-iQ® Blend:** This program is specifically designed for our Nutri Ninja® Cups. The Pro Extractor Blades™ for the Nutri Ninja® Cups spin much faster, giving you super smooth results, every time. Use this setting for Super Juices that use fresh or softer ingredients.

**Auto-iQ® Ultra Blend:** This program is specifically designed for our Nutri Ninja® cups. The Pro Extractor Blades™ for the Nutri Ninja® Cups spin much faster, giving you super smooth results, every time. Use the ULTRA BLEND setting for harder ingredients such as frozen fruits or vegetables, ice, seeds, and more.

**Auto-iQ® Pulse:** This is an enhanced feature to our existing pulse function. Auto-iQ® Pulse offers greater control to help prevent over processing or over blending. Simply hold down the button and our blades will run at a high speed for a quick burst of power to break through ice, or chop vegetables.



# USE Pitcher with

**Auto IQ**  
**FROZEN DRINKS**  
**SMOOTHIES**

cocktails  
smoothies  
frozen  
blending  
milkshakes

**Auto IQ**  
**FOOD**  
**PUREE**

sauces  
dips  
soups



# USE Nutri Ninja® Cup with

**NUTRI NINJA**  
**ULTRA BLEND**

green  
super juices  
frozen  
desserts  
protein  
shakes

**NUTRI NINJA**  
**BLEND**

fresh  
nutrient  
juices

**Auto IQ**  
**FOOD**  
**PUREE**

sauces  
dips  
soups





# Use Food Processor Bowl with



dips

spreads

vegetable & fruit purees



# Loading Instructions

When blending these common ingredients, order is everything. Use this visual guide to ensure your recipes turn out smooth and delicious every time.



**Top off with ice or frozen ingredients.**



**Next add any dry or sticky ingredients.**

Like seeds, powders, and nut butters.



**Pour in liquid or yoghurt next.**

For thinner results or a more juice-like drink, add liquid as desired.



**Next add leafy greens and herbs.**



**Start by adding fresh fruits and vegetables.**

FOR BEST RESULTS:

- Cut ingredients into 2.5cm chunks.
- Do not fill the cup past the MAX fill line.
- If you feel resistance on the blade assembly when fastening it to the cup, remove some ingredients.
- If blending soups or sauces, always ensure ingredients are cooled to room temperature before blending. Ninja cups are NOT intended for hot blending.
- Do not place frozen ingredients first in the Nutri Ninja®.

# programs and speed settings

## programs and speed settings for pitcher

Function	Container	Blade Type	Speed or Program	Type of Food
Chopping	Blender Pitcher	Stacked Blade	Auto-iQ® Pulse	Salsa, Vegetables, Nuts, Chocolate
Smoothies, Frozen Drinks	Blender Pitcher	Stacked Blade	Auto-iQ® Frozen Drinks & Smoothies	Frozen Cocktails, Smoothies, Frozen Desserts, Milkshakes, Ice
Pureeing	Blender Pitcher	Stacked Blade	Auto-iQ® Food Puree	Soups, Sauces, Dips

## programs and speed settings for food processor bowl

Function	Container	Blade Type	Speed or Program	Type of Food
Mincing	Food Processor Bowl	Chopping Blade	Auto-iQ® Pulse	Onion, Garlic, Herbs
Chopping	Food Processor Bowl	Chopping Blade	Auto-iQ® Pulse	Cheese, Chocolate
Meat Grinding	Food Processor Bowl	Chopping Blade	Auto-iQ® Pulse	Meat
Pureeing	Food Processor Bowl	Chopping Blade	Auto-iQ® Food Puree Low/Dough Med High	Apple Sauce, Spreads, Vegetable Purees, Fruit Purees
Emulsifying	Food Processor Bowl	Chopping Blade	Med	Salad Dressings
Dough Making	Food Processor Bowl	Dough Blade	Low/Dough	Bread Doughs, Pizza Doughs, Pretzel Doughs, Batters
Pie Crusts	Food Processor Bowl	Chopping Blade	Med	Pie Crust, Tart Crust
Batters	Food Processor Bowl	Dough Blade	Low/Dough	Cake Mixes, Brownie Batter, Cookie Batter
Slicing / Shredding / Grating	Food Processor Bowl	Slicing / Grating Discs	Low/Dough	Coleslaw, Salads, Grated Cheese

## programs and speed settings for Nutri Ninja®

Function	Container	Blade Type	Speed or Program	Type of Food
Nutrient & Vitamin Extraction	Nutri Ninja® Cup	Pro Extractor Blades™	Nutri Ninja® Auto-iQ® Blend	Fresh Nutrient Juices, Smoothies, Milkshakes
Nutrient & Vitamin Extraction	Nutri Ninja® Cup	Pro Extractor Blades™	Nutri Ninja® Auto-iQ® Ultra Blend	Green Nutrient Juices, Frozen Desserts, Protein Shakes
Grating	Nutri Ninja® Cup	Pro Extractor Blades™	Auto-iQ® Food Puree	Grated Cheese, Bread Crumbs, Spices
Chopping	Nutri Ninja® Cup	Pro Extractor Blades™	Auto-iQ® Pulse	Salsa, Vegetables, Nuts





PREP TIME 5 minutes SERVING 1

## blueberry chill

NUTRI NINJA  
ULTRA BLEND



### ingredients

- 10 g red cabbage, chopped
- 1 celery stalk, halved
- ½ granny smith apple, unpeeled, uncored, halved
- 110 g blueberries
- 70 g watermelon chunks
- 100 g ice

### directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above, starting with red cabbage.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ® ULTRA BLEND” program. Remove blades from cup after blending.



PREP TIME 5 minutes SERVING 1

## lean green ninja

NUTRI NINJA  
BLEND



### ingredients

- 100 g pineapple chunks
- 100 g mango chunks
- ½ ripe banana
- 5 g baby spinach
- 5 g kale leaves
- 125 ml water
- 130 g ice

### directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above, starting with pineapple.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ® BLEND” program. Remove blades from cup after blending.





PREP TIME 5 minutes SERVINGS 2

## ginger greens

NUTRI NINJA  
ULTRA BLEND



### ingredients

- ½ ripe banana
- 350 ml unsweetened coconut milk
- 1 tsp unsweetened cocoa powder
- 200 g frozen blueberries

### directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above, starting with banana.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ® ULTRA BLEND” program. Remove blades from cup after blending.

NUTRI NINJA  
ULTRA BLEND



### ingredients

- 20 g baby kale
- 1 tsp coriander
- ¼ avocado
- 1 date, pitted
- 2 small kiwis, peeled and quartered
- 1 tsp lime juice
- 0.65 cm ginger root, peeled
- 125 ml coconut water
- 45 g ice

### directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above, starting with baby kale.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ® BLEND” program. Remove blades from cup after blending.



PREP TIME 5 minutes SERVING 1

## powerball smoothie



PREP TIME: 5 minutes SERVINGS 2

## strawberry banana



### ingredients

- 1 banana, peeled and halved
- 250 ml skimmed milk
- 2 tbsp agave
- 150 g frozen strawberries

### directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above, starting with banana.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ® ULTRA BLEND” program. Remove blades from cup after blending.



PREP TIME 5 minutes SERVINGS 2

## watermelon raspberry cleanser



### ingredients

- 210 g watermelon, 2.5 cm chunks
- 60 g raspberries
- 60 ml water
- 65 g ice

### directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above, starting with watermelon.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ® ULTRA BLEND” program. Remove blades from cup after blending.



PREP TIME 5 minutes SERVING 1

## cherry limeade



### ingredients

- 1½ tbsp lime juice
- 375 ml coconut water
- 105 g frozen cherries

### directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above, starting with lime juice.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ® BLEND” program. Remove blades from cup after blending.
3. Pour mixture through a fine mesh strainer to extract the flavoured water.



PREP TIME 2½ hours COOK TIME 5 minutes SERVINGS 4

## buckwheat pancakes



### ingredients

- 250 ml buttermilk
- 1 egg, beaten
- 3 tbsp rapeseed oil
- 2 tbsp honey
- 85 g buckwheat flour
- 70 g all-purpose flour
- 1¼ tsp baking soda
- 1½ tsp sugar
- ½ tsp sea salt

### directions

1. Place the buttermilk, egg, oil, and honey into the Pitcher.
2. Turn unit ON, select “LOW/DOUGH” and blend for 30 seconds.
3. Add buckwheat flour, all-purpose flour, baking soda, sugar, and salt to the Pitcher and select “LOW/DOUGH”, blend additional 30 seconds.
4. Remove lid and cover the blender jar in plastic wrap. Allow to set for 2 hours or refrigerate overnight.
5. On a lightly oiled griddle over medium heat, cook batter in desired-sized pancakes until small bubbles form and edges dry. Flip and cook until pancake center is puffed and springs back when gently pressed.





PREP TIME 5 minutes SERVINGS 8

## chicken+apple sausage



### ingredients

- 1 tbsp olive oil, plus additional oil for cooking sausages
- 1 small onion, peeled and quartered
- 2 apples, peeled, cored, quartered
- 500 g boneless skinless chicken thighs, 2.5 cm chunks
- 5 g fresh sage leaves
- 1½ tsp fresh ground pepper
- 1½ tsp sea salt
- pinch of cinnamon

### directions

1. Place the onion, apples and sage in the Food Processor Bowl. Turn unit ON then hold down "Auto-iQ® PULSE" until finely chopped.
2. Heat the olive oil in a medium skillet. Add the onion and apples, sautéing several minutes, until soft. Remove from heat and place in a large bowl.
3. In the same Food Processor Bowl, place the chicken thighs then hold down "Auto-iQ® PULSE" until finely ground. Add the ground chicken to the bowl with the onion & apple mix. Add the cinnamon and season with salt & pepper. Mix well, using your hands.
4. Preheat oven to 175° C (350° F). Form mixture into 8 patties and bake on a parchment lined cookie sheet for about 10-12 minutes, or until fully cooked.

DO NOT BLEND HOT INGREDIENTS.



PREP TIME 5 minutes COOK TIME 3 minutes SERVINGS 4

## tomato-basil scramble



### ingredients

- 8 whole eggs
- 100 g vine ripe tomatoes
- 55 g mozzarella cheese
- 10 g fresh basil
- pinch of salt
- pinch of black pepper
- cooking spray

### directions

1. Place the eggs, tomato, mozzarella, basil, salt, and black pepper into the Regular 650 ml Nutri Ninja® Cup. Turn unit ON then hold down "Auto-iQ® PULSE" until all ingredients are roughly chopped. Remove blades from cup after blending.
2. In a non-stick sauté pan sprayed with cooking spray, add the egg mixture, then cook over medium-high heat, stirring frequently until fluffy and cooked through.



PREP TIME 5 minutes SERVINGS 8

## gazpacho



### ingredients

- 1 small red onion, peeled and quartered
- 2 cucumbers, quartered
- 1 yellow pepper, quartered, seeded
- 1 red pepper, quartered, seeded
- 1.35 kg fresh tomatoes, quartered, seeded
- 1 tbsp + ½ tsp sea salt
- 60 ml red wine vinegar
- 1.5 L tomato juice
- 1 tsp garlic, minced

### directions

1. Working in batches, add the red onion, cucumber, peppers & fresh tomatoes to the Food Processor Bowl.
2. Turn unit ON then hold down "Auto-iQ® PULSE" until ingredients are finely chopped. Place each batch into a large mixing bowl.
3. Add minced garlic, red wine vinegar, salt and tomato juice and mix well.
4. Chill for at least 3 hours.
5. Taste for seasonings before serving.



PREP TIME 10 minutes SERVINGS 4

## butternut squash soup



### ingredients

- 3 tbsp olive oil
- 1 large yellow onion, chopped
- 150 g raw cashews
- 1 large apple, peeled, cored, chopped
- 1 large carrot, peeled, chopped
- 1 kg butternut squash, cubed
- 1 tsp fresh thyme leaves
- 1 bay leaf
- 950 ml vegetable stock, plus more to thin if desired
- ½ tsp sea salt, plus more to taste
- black pepper, to taste

### directions

1. Heat oil in a large saucepan and add the onions, cooking until they begin to soften, about 5 minutes. Add the cashews and cook, stirring for about 5 minutes.
2. Add the carrot, apple, squash, thyme, and bay leaf to the pot and cook for 5 minutes. Add the stock and stir to combine. Bring the soup to a boil and reduce the heat to med-low, allowing to simmer until the squash is easily pierced with a knife, 20 to 25 minutes. Remove and discard bay leaf.
3. Allow the soup to cool to room temperature. Working in batches, ladle the soup into the Pitcher. Secure the lid and place the Pitcher onto the base. Turn unit ON and select "Auto-iQ® FOOD PUREE". Heat soup to desired temperature before serving.

DO NOT BLEND HOT INGREDIENTS.





**PREP TIME** 5 minutes **COOK TIME** 7 minutes **MAKES** 14-16 crisps

## parmesan crisps



### ingredients

- 1 wedge (200g) Parmesan cheese, cut lengthwise

### directions

1. Preheat oven to 180°C. Line 2 cookie sheets with parchment paper; set aside.
2. Assemble the shredder disc in the Food Processor Bowl and attach lid. Select LOW/DOUGH. Use the food pusher to push Parmesan cheese through feed chute. Remove shredded cheese from bowl and set aside.
3. Drop rounded tablespoons of shredded cheese onto prepared cookie sheets to make neat mounds, about 3cm apart.
4. Bake 6 to 7 minutes, or until golden brown.
5. Let cool completely. Loosen with spatula and serve. Can be stored in an airtight container, layered between sheets of wax paper, for up to 2 days.



**PREP TIME** 15 minutes **COOK TIME** 5-7 minutes **SERVINGS** 4

## cauliflower couscous



### ingredients

- 300 g cauliflower, 2.5 cm florets
- 1 tbsp rosemary, stems removed, chopped
- 1 garlic clove, minced
- ½ lemon, juiced
- 60 ml extra virgin olive oil
- ½ tsp sea salt
- ½ tsp ground black pepper
- 70 g sliced almonds
- 1 tbsp green onion, sliced

### directions

1. Preheat oven to 200° C (400° F). Place the cauliflower into the Food Processor Bowl. Turn unit ON, hold down "Auto-iQ® PULSE" until finely chopped.
2. Place the chopped cauliflower in a single lay on a cookie sheet and roast 5-7 minutes until some color is achieved and cauliflower is cooked. Set aside.
3. Place the rosemary, garlic, lemon, oil, salt, and pepper in a medium mixing bowl and whisk to combine.
4. Add the cauliflower to the bowl along the almonds and green onion. Toss to combine. Serve immediately.





**PREP TIME** 15 minutes **COOK TIME** 20-25 minutes **SERVINGS** 15 meatballs

## turkey meatballs



### ingredients

- 500 g dark turkey meat, 2.5 cm cubes and well-chilled
- ½ onion, peeled, chopped
- 4 garlic cloves, peeled and minced
- 5 g Italian parsley leaves, chopped
- 50 g parmesan cheese, grated
- 1 tbsp bread crumbs
- 2 tbsp tomato paste
- 2 eggs, beaten
- salt and pepper to taste
- cooking spray
- 950 ml marinara sauce

### directions

1. Add the turkey to the Food Processor Bowl. Turn unit ON, hold down "Auto-iQ® PULSE" until turkey is finely chopped. Do not overprocess.
2. Transfer the turkey to a bowl and add onion, garlic, parsley, cheese, bread crumbs, tomato paste, egg, salt and pepper, mixing to combine. Form mixture into mini meatballs.
3. Lightly coat a large skillet with cooking spray. Over medium-high heat, sauté meatballs until browned on all sides, about 5 minutes. Add marinara sauce and simmer until sauce is thickened and meatballs are cooked through completely, about 15 to 20 minutes.



**PREP TIME** 25 minutes **COOK TIME** 20 minutes **SERVINGS** 2

## fettuccine with kale & sunflower pesto



### ingredients

- ½ medium bunch kale, stems removed
- 5 g fresh basil leaves, packed
- 1 large garlic clove
- 35 g unsalted roasted sunflower seeds
- 2 tbsp parmesan cheese
- zest + juice of ½ lemon
- sea salt to taste
- freshly ground pepper
- 60 ml olive oil + more as needed

### directions

1. Bring 4 L 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, lemon juice/zest, olive oil and a pinch of salt and pepper to the Food Processor Bowl.
3. Turn unit ON, select "MED" and blend until desired consistency is achieved. To serve atop your favourite pasta.

PREP TIME 1 hour COOK TIME 20-25 minutes SERVINGS 8

## pizza night

LOW /  
DOUGH

MED



### pizza ingredients

- Pizza Dough (recipe below)
- Pizza Sauce (recipe below)
- 165 g low-fat mozzarella cheese
- 150 g broccoli florets, fresh or frozen
- 90 g thinly sliced red pepper
- 45 g sliced black olives
- 80 g crumbled feta cheese

### directions

1. Preheat oven to 190° C (375° F). Lightly spray a cookie sheet with non-stick spray and place the prepared pizza dough on the sheet. Gently and evenly flatten out the dough, covering the edge about 1.25 cm to help form a crust.
2. Spoon the pizza sauce evenly onto the dough then top with mozzarella cheese, broccoli, red peppers, olives and feta.
3. Bake for 20-25 minutes, checking half way through, until crust is golden brown.

### dough ingredients

- 7 g packet Active Dry Yeast
- ½ tsp sugar
- 280 g all-purpose flour
- 120 ml warm water 41°- 43° C (105°-110° F)
- ¼ tsp salt
- 60 ml olive oil
- Reserved flour
- Reserved water

### directions

1. Combine the yeast, sugar, and warm water in a small bowl and set aside until foamy, about 5 minutes.
2. Place the dough blade into the Food Processor Bowl and add the flour, salt, olive oil, and the yeast mixture. Turn unit ON and select "LOW/DOUGH". Process until all of the ingredients come together to form a mass. Remove the dough and divide in half, kneading the two balls of dough for 1-2 minutes. Place one ball into a lightly oiled bowl and cover loosely with plastic wrap, allowing to rest and rise for 1 hour. Freeze the other dough ball for up to two months.

### pizza sauce ingredients

- 400 g whole, peeled tomatoes
- 1 garlic clove, peeled
- ½ tsp dried oregano
- 1 tbsp olive oil
- ¼ tsp sugar
- ½ tsp salt
- ½ tsp ground black pepper

### directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above. Turn unit ON, select "MED", and blend for 30 seconds. If you prefer a chunky consistency, simply hold down the "Auto-iQ® PULSE" for 3 pulses.



PREP TIME 5 minutes COOK TIME 20 minutes SERVINGS 4

## cantonese chicken

LOW /  
DOUGH

### ingredients

- 2 carrots, peeled, cut in 10cm pieces
- 1 medium onion, peeled, cut in quarters
- 6 button mushrooms, stems removed
- 1 tablespoon vegetable oil
- 2 tablespoons soy sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoon fresh ginger, minced
- 1 tablespoon honey
- 1/4 teaspoon crushed red pepper
- 4 boneless, skinless chicken breasts, sliced in strips
- 125ml low-sodium chicken broth
- 200g sugar snap peas, strings removed
- Cooked rice noodles, for serving

### directions

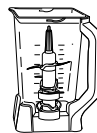
1. Assemble the slicer disc in the Food Processor Bowl and attach lid. Select LOW/DOUGH. Use the food pusher to push carrots through feed chute. Remove sliced carrots from bowl and set aside. Repeat with onion and mushrooms. Remove and set aside.
2. Stir soy sauce, vinegar, ginger, honey, and crushed red pepper in a deep mixing bowl. Add chicken and toss to coat. Heat a nonstick skillet over medium heat. Add the oil, sliced carrots, onions, and mushrooms to the skillet; sauté until soft, about 5 to 7 minutes, stirring occasionally.
3. Add the chicken, soy sauce mixture, and chicken broth to pan; cover and cook for 5 minutes. Add sugar snap peas and cook another 7 to 10 minutes until chicken is cooked through and vegetables are just tender. Serve with rice noodles.



PREP TIME 5 minutes SERVINGS 4

## classic margarita

**FROZEN DRINKS  
SMOOTHIES**



### ingredients

- 1 lime, peeled, cut in half
- 1 lemon, peeled, cut in quarters
- 80 ml orange juice
- 60 ml triple sec
- 160 ml tequila
- 520 g ice

### directions

1. Place all of the ingredients into the Pitcher in the order listed above, starting with lime.
2. Turn unit ON and select the "Auto-iQ® FROZEN DRINKS/SMOOTHIES" program



PREP TIME 5 minutes MAKES 950 ml

## best blender salsa

**PULSE**



### ingredients

- 2 (400 g) cans whole peeled plum tomatoes
- 1 white onion, peeled and quartered
- 1 jalapeño pepper, seeded
- 1 canned chipotle paste
- 2 tbsp adobo sauce
- 1 bunch coriander, stems trimmed
- 1 lime, peeled and quartered
- salt and pepper to taste

### directions

1. Place all of the ingredients into the Pitcher in the order listed above, starting with tomatoes.
2. Hold down "Auto-iQ® PULSE" until desired consistency is achieved. Cover and refrigerate for at least 1 hour before serving.





PREP TIME 5 minutes SERVINGS 625 ml

## classic hummus



### ingredients

- 480 g cooked, drained chick peas (liquid reserved)
- 90 ml chick peas liquid
- 60 ml lemon juice
- 60 ml olive oil
- 1 garlic clove, peeled
- 1 tsp ground cumin
- 1/8 tsp cayenne pepper
- 1 tsp sea salt

### directions

1. Place all of the ingredients into the Food Processor Bowl in the order listed above, starting with chick peas.
2. Turn unit ON then select "Auto-iQ® FOOD PUREE".



PREP TIME 5 minutes SERVINGS 3

## fennel apple slaw



### ingredients

- 1 bulb fennel
- 2 green apples, cored, cut in quarters
- 1 large carrot, peeled
- 2 navel oranges, peeled, segmented
- 120g dry-roasted sunflower seeds
- 60ml coleslaw dressing

### directions

1. Assemble the slicer disc in the Food Processor Bowl and attach lid. Select LOW/DOUGH. Use the food pusher to push fennel through feed chute. Transfer sliced fennel to a large mixing bowl.
2. Repeat with apples and carrot. Toss sliced vegetables together in a large mixing bowl.
3. Add orange segments and sunflower seeds to slaw mixture. Stir to combine. Toss with coleslaw dressing.



PREP TIME 5 minutes SERVINGS 4

## chocolate banana mousse



### ingredients

- 2 bananas, ripe, peeled, quartered
- 2 avocados, ripe, peeled, pitted, quartered
- 60 ml chocolate sauce
- juice of half an orange
- 2 tbsp cocoa powder

### directions

1. Place all of the ingredients into the Food Processor Bowl in the order listed above, starting with banana.
2. Turn unit ON and select "LOW/DOUGH". Blend for 30 seconds or until smooth. Scrape the bowl as needed.
3. Place mousse into an airtight container and refrigerate until chilled.



PREP TIME 10 minutes COOK TIME 10-12 minutes MAKES 16 cookies

## cranberry oat cookies



### ingredients

- 125 ml coconut oil
- 1 egg
- ½ tsp vanilla extract
- 65 g packed brown sugar
- 70 g granulated sugar
- 175 g gluten-free all-purpose flour blend
- 55 g ground almonds
- 20 g shredded coconut
- 50 g gluten-free oats
- ½ tsp baking soda
- 1 tbsp sea salt
- ½ tsp ground cinnamon
- 60 g dried cranberries

### directions

1. Preheat oven to 175°C (350°F). Using the dough blade, add the coconut oil, egg, vanilla, brown sugar, and granulated sugar to the Food Processor Bowl. Turn unit ON and hold down "Auto-iQ® PULSE" for 3 pulses. Select "LOW/DOUGH" and blend for 15 seconds. Scrape down the sides.
2. In a medium bowl combine the flour, ground almonds, oats, coconut, baking soda, salt and cinnamon then stir to combine. Add half of the dry mixture to the Food Processor Bowl. Hold down "Auto-iQ® PULSE" for 3 pulses, select "LOW/DOUGH" and blend for 10 seconds. Scrape down sides and add remaining dry mixture. Select "LOW/DOUGH" and continue to blend for additional 15 seconds until dough is evenly combined.
3. Add the cranberries to the Food Processor Bowl and hold down "Auto-iQ® PULSE" for 10 pulses, until cranberries are evenly dispersed throughout the dough.
4. Spoon tablespoon-sized cookie dough onto parchment-lined cookie sheets, about 5 cm apart. Bake 10-12 minutes until JUST golden. Cookies will be very soft upon oven removal, but will set up within 5 minutes of resting.



PREP TIME 5 minutes SERVINGS 4

## vanilla nut frozen treat



### ingredients

- 125 ml vanilla oat milk
- 40 g walnut halves
- ¼ tsp pure vanilla extract
- ¼ tsp natural sweetener
- 170 g non-fat vanilla greek yoghurt
- 195 g ice

### directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above, starting with vanilla oat milk.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ® ULTRA BLEND” Program. Remove blades from cup after blending.

# FAQ

### The Motor Doesn't Start Or Attachment Doesn't Rotate.

- Make sure the container is securely placed on motor base.
- Ensure the lid is securely placed on the container in the correct position.
- The appliance is turned “Off”. Press the power button to turn “On”.
- Check that the plug is securely inserted into the electrical outlet.
- Check the fuse or circuit breaker.
- Check to make sure the unit is not overloaded.
- If the unit is overloaded, the appliance will stop and the power light will flash. Unplug and wait approximately 15 minutes before using again.
- If the unit has overheated, unplug and wait approximately 15 minutes before using again.

### Food is Unevenly Chopped?

Either you are chopping too much food at one time, or the pieces are uneven. Processing smaller amounts per batch is ideal.

### Food is Chopped Too Fine or Is Too Watery.

The food is over processed. Use Auto-iQ® Pulse button for controlled processing.

### Food Collects On The Lid Or On the Sides Of The Container.

The mixture is too thick. Add more liquid.

### I have a blinking red light.

The unit is not assembled properly. For your safety the unit will only be able to be turned on when it is properly assembled. Please refer to the assembly pages of this inspiration guide for assistance.







**Add more good**  
[www.ninjakitchen.eu](http://www.ninjakitchen.eu)

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