

NUTRI NINJA[®]

Auto-iQ[®]
ONE-TOUCH INTELLIGENCE

INSPIRATION GUIDE

30
RECIPES



Nutri Ninja[®] Auto-iQ[®] Pro Compact System

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

IT'S ALL THAT

Introducing the all-in-one smoothie-smoother, ice-crusher, veggie-sneaker-inner, milkshake-shaker, cookie-dough-mixer, meal-whipper-upper, time-saver, great-big-happy-family-maker.

Whew. See? You can have it all—in the kitchen at least.

Now, go take a nap. You deserve it.

NUTRIENT & VITAMIN EXTRACTION*:

HERE'S THE BREAK DOWN

How many people actually eat melon, seeds and all? Or ginger root with the skin left on? Strawberry stems? The answer is: approximately nobody. But the truth is, you're missing out on some key nutrients, like fibre, when you discard the skins and seeds.

You need a machine that can break down whole foods, ice and seeds—leaving no ingredient unblended and no nutrient behind. Luckily, the Nutri Ninja® Auto-iQ® Pro Compact System does that and a whole lot more. Make a delicious drink that captures all of the nutrients and vitamins your ingredients have to offer, even those that would usually end up in the bin. Try that in your regular blender. (Just kidding, don't actually do that.)

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

HIGH-PERFORMANCE BLENDING

DEAR ICE, ANY LAST WORDS?

Some traditional blenders might spin at high speeds, but the Nutri Ninja® Auto-iQ® Pro Compact System combines high speed and power with a unique blade design and Auto-iQ® Technology to crush through the toughest ingredients and blend frozen fruit for refreshing, flavoursome smoothies, milkshakes, and drinks. It's a winning combination that goes above and beyond nutrient and vitamin extraction* capabilities. Plus, winning is fun.

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



PUT IT IN
SMOOTH
CONTROL.

SEE, FEEL, AND TASTE THE DIFFERENCE

Ninja® has set a new standard in drink customisation. Now you can achieve a level of smoothness you never thought possible—all at the touch of a button.

Whether you want to crush ice and frozen fruit for refreshing, deliciously drinkable nutrient juices in seconds or whip up perfectly smooth drinks and smoothies, Auto-iQ® Smooth Boost™ puts you in the driver's seat. So, you have the power to control the texture and consistency of your beverage.



QUICK TIPS

For refreshing, deliciously drinkable nutrient juices in seconds, make sure **SMOOTH BOOST "YES"** is illuminated, then press **EXTRACT**.

To whip up perfectly smooth drinks and smoothies, be sure **SMOOTH BOOST "YES"** is illuminated, then press **BLEND**.

If you'd prefer more texture and fullness in your drink, press **SMOOTH BOOST**, so that **"NO"** is illuminated. Then press **EXTRACT** or **BLEND**.



LOAD IT UP

Now it's time to take your Nutri Ninja® Auto-iQ® Pro Compact System for a spin. When it comes to loading the containers, order is everything. Use these Quick Tips and visual guide to ensure your recipes turn out smooth and delicious every time.



For an even blend in the 1.2L Blend & Prep Bowl, place harder, more dense foods at the bottom, near the blades, and softer foods on top.

QUICK TIPS



Don't overfill the Nutri Ninja cups. If you feel resistance when fastening the blade assembly to the cup, remove some ingredients.



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 yoghurt next.

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

2

Next add leafy greens and herbs.

START FROM THE BOTTOM UP

1

Start by adding fresh fruits and vegetables.

For best results, cut ingredients in 2.5cm chunks.



Prep time: 5 minutes
Container: 500ml Nutri Ninja® Cup
Makes: 1 serving

Cool Honeydew Cleanser

INGREDIENTS

1/4 medium cucumber, peeled, cut in half	60ml water
80g fresh honeydew melon chunks	60ml ice
100g fresh pineapple chunks	

DIRECTIONS

1. Place all ingredients into the 500ml Nutri Ninja® Cup in the order listed.
2. Select your favourite Auto-iQ® program.

TIP

Add 1 tablespoon maca powder for a super food boost.



Prep time: 5 minutes
Container: 500ml Nutri Ninja® Cup
Makes: 1 serving

Power Ball

INGREDIENTS

1/2 small ripe banana	5ml unsweetened cocoa powder
250ml unsweetened coconut milk	140g frozen blueberries

DIRECTIONS

1. Place all ingredients into the 500ml Nutri Ninja® Cup in the order listed.
2. Select Auto-iQ® BLEND.



Prep time: 5 minutes
Container: 500ml Nutri Ninja® Cup
Makes: 1 serving

Strawberry Banana Smoothie

INGREDIENTS

1 small ripe banana, cut in half	15ml agave nectar
175ml skimmed milk	125g frozen strawberries

DIRECTIONS

1. Place all ingredients into the 500ml Nutri Ninja® Cup in the order listed.
2. Select Auto-iQ® BLEND.

TIP

Add 1 tablespoon Chia seeds for your very own homemade Chia Fresca!



Prep time: 5 minutes
Container: 500ml Nutri Ninja® Cup
Makes: 1 serving

Cherry Limeade

INGREDIENTS

15ml fresh lime juice	70g frozen cherries
250ml coconut water	

DIRECTIONS

1. Place all ingredients into the 500ml Nutri Ninja® Cup in the order listed.
2. Press Auto-iQ® EXTRACT.

Prep time: 5 minutes
Container: 500ml Nutri Ninja® Cup
Makes: 1 serving

Tropical Island Boost

INGREDIENTS

- 100g fresh pineapple chunks
- ½ small ripe banana
- 250ml coconut water
- 60g frozen strawberries
- 70g frozen mango chunks

DIRECTIONS

1. Place all ingredients into the 500ml Nutri Ninja® Cup in the order listed.
2. Press Auto-iQ® EXTRACT.



TIP

Add 1 to 2 teaspoons flaxseed for a fibre boost.



Prep time: 6 minutes
Container: 650ml Nutri Ninja® Cup
Makes: 2 servings

Lean Green Ninja

INGREDIENTS

- ½ small ripe banana
- 100g fresh pineapple chunks
- 110g fresh mango chunks
- 5g kale leaves, packed
- 5g baby spinach, packed
- 125ml coconut water
- 250ml ice

DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® Cup in the order listed.
2. Press Auto-iQ® BLEND.



Prep time: 5 minutes
Container: 650ml Nutri Ninja® Cup
Makes: 2 servings

Sweet Spinach Detox

INGREDIENTS

1 Granny Smith apple, cut into eighths	125ml apple juice
1.25cm piece fresh ginger, peeled	125ml water
1/4 lemon, peeled, seeded	15ml honey
10g baby spinach, packed	125ml ice

DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® Cup in the order listed.
2. Press Auto-iQ® EXTRACT.



Prep time: 5 minutes
Container: 650ml Nutri Ninja® Cup
Makes: 2 servings

Spicy Pineapple Recharge

INGREDIENTS

400g fresh pineapple chunks	1 lime, peeled, cut in half
1.25 cm piece fresh ginger, peeled	160ml orange juice
1/2 small jalapeño pepper, seeded	125ml ice

DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® Cup in the order listed.
2. Press Auto-iQ® EXTRACT.



Prep time: 5 minutes
Container: 650ml Nutri Ninja® Cup
Makes: 1 serving

Chai-Spiced Eye Opener

INGREDIENTS

1 ripe pear, cored, quartered	10ml fresh lemon juice
1 cm piece fresh ginger, peeled	Dash salt
20g baby spinach, loosely packed	70g frozen mango chunks
250ml brewed chai tea, chilled	

DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® Cup in the order listed.
2. Press Auto-iQ® EXTRACT.



Prep time: 5 minutes
Container: 650ml Nutri Ninja® Cup
Makes: 2 servings

Ginger Pear Defense

INGREDIENTS

1 ripe pear, cored, quartered	535ml cold water
1 cm piece fresh ginger, peeled	Honey, to taste
10ml fresh lemon juice	

DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® Cup in the order listed.
2. For best results, press Auto-iQ® EXTRACT.



Prep time: 5 minutes
Container: 500ml Nutri Ninja® Cup
Makes: 1 serving

Peanut Butter Protein Pizzazz

INGREDIENTS

- | | |
|---------------------|----------------------------------|
| 1 small ripe banana | 10ml unsweetened cocoa powder |
| 125ml almond milk | 1 scoop chocolate protein powder |
| 30ml peanut butter | 250ml ice |

DIRECTIONS

1. Place all ingredients into the 500ml Nutri Ninja® Cup in the order listed.
2. Select your favourite Auto-iQ® program.



Prep time: 5 minutes
Container: 500ml Nutri Ninja® Cup
Makes: 1 serving

Banana & Oats

INGREDIENTS

- | | |
|------------------------------|---------------------------|
| 1 small ripe banana | 115g cooked oatmeal, cold |
| 250ml non-fat milk | 15ml walnut pieces |
| 110g non-fat vanilla yoghurt | 1ml ground cinnamon |

DIRECTIONS

1. Place all ingredients into the 500ml Nutri Ninja® Cup in the order listed.
2. Press Auto-iQ® BLEND.



Prep time: 5 minutes
Container: 650ml Nutri Ninja® Cup
Makes: 1 serving

Top O' The Mornin'

INGREDIENTS

1 small ripe banana	2.5ml ground cinnamon
1 orange, peeled, cut in half	1 scoop vanilla protein powder
250ml vanilla almond milk	125ml ice

DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® Cup in the order listed.
2. Press Auto-iQ® BLEND.



Prep time: 2 minutes
Container: 650ml Nutri Ninja® Cup
Makes: 2 servings

Cranberry-Oat Soother

INGREDIENTS

90g whole-berry cranberry sauce	30g walnut pieces
250ml oat milk	Dash salt
1ml vanilla	350ml ice
15ml honey	

DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® Cup in the order listed.
2. Press Auto-iQ® BLEND.



Prep time: 10 minutes
Cook time: 10-15 minutes
Container: 1.2L Blend and Prep Bowl
Makes: 8 patties

Turkey Apple Sausage Patties

INGREDIENTS

1 small onion, peeled, quartered	500g raw turkey breast, cut into 5cm cubes
2 apples, peeled, cored, quartered	Pinch cinnamon
7g fresh sage leaves	3.5ml salt
15ml olive oil	3.5ml fresh ground pepper

DIRECTIONS

1. Preheat oven to 175°C. Line a baking tray with greaseproof paper; set aside.
2. Place the onion, apples and sage leaves into the 1.2L Blend and Prep Bowl. Select Auto-iQ® CHOP and process until finely chopped.
3. Heat the olive oil in a medium skillet. Add the chopped onion mixture and sauté 3 to 5 minutes, until soft. Remove from heat and place in a large bowl to cool slightly.
4. Place the cubed turkey into the 1.2L Blend & Prep Bowl. Select Auto-iQ® CHOP and process until finely ground. Add the ground turkey to the bowl with the chopped onion mixture mix. Add the cinnamon, salt and pepper. Mix well, using your hands.
4. Form mixture into 8 patties and place on prepared baking tray. Bake 10 to 12 minutes, or until fully cooked.



Prep time: 15 minutes + 4 hours rest

Cook time: 20-25 minutes

Container: 1.2L Blend & Prep Bowl

Makes: 8 servings

Spinach & Feta Egg Strata

INGREDIENTS

Cooking oil spray

5 large eggs

250ml single cream

55g Monterey Jack cheese, cubed

80g feta cheese, cubed

1ml ground nutmeg

2.5ml teaspoon salt

1ml teaspoon black pepper

80g cooked spinach, well drained

1 loaf day-old French bread, crusts removed, torn into bite-sized pieces

DIRECTIONS

1. Coat a 23cm round baking pan with cooking oil spray. Place the torn bread into the pan and set aside.
2. Add the eggs, single cream, Monterey Jack cheese, feta cheese, nutmeg, salt and pepper to the 1.2L Blend & Prep Bowl.
3. Select Auto-iQ® CHOP and process until eggs are combined. Remove the lid and add the well-drained spinach. Select Auto-iQ® CHOP and process just until combined; be careful not to over-mix the spinach.
4. Pour the egg mixture over the bread. Cover and refrigerate for 4 hours to allow the egg mixture to soak into the bread.
5. Preheat oven to 175°C. Bake for 20 to 25 minutes, until puffed and golden brown. Serve warm.



Prep time: 5 minutes
Cook time: 10 minutes
Container: 650ml Nutri Ninja® Cup
Makes: 4 servings

Pep in Your Step Soup

INGREDIENTS

4 red bell peppers, peeled, roasted	175ml reduced salt vegetable stock
20g sun-dried tomatoes	3 tablespoons honey
2 cloves garlic	Salt and pepper, to taste
15g flat leaf parsley, trimmed	Balsamic vinegar, as garnish, optional
80ml white wine	

DIRECTIONS

1. Place all of the ingredients, except for the vinegar, into the 650ml Nutri Ninja® Cup in the order listed.
2. Press Auto-iQ® BLEND.
3. Transfer to a medium saucepan and simmer until heated through, about 10 minutes. Serve hot in bowls garnished with a splash of balsamic vinegar, optional.

TIP

Add 125ml single cream to make this soup rich and creamy.



Prep time: 5 minutes
Cook time: 15–20 minutes
Container: 650ml Nutri Ninja® Cup
Makes: 2 servings

Tomato Basil Soup

INGREDIENTS

400g crushed tomatoes	15ml tomato paste
1 clove garlic	1ml salt
5g fresh basil, loosely packed	1ml ground black pepper
125ml vegetable broth	

DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® Cup in the order listed.
2. Select START/STOP and blend until smooth, about 1 minute.
3. Pour soup into a medium saucepan and simmer 15 to 20 minutes.



Prep time: 15 minutes
Chill time: 1 hour
Container: 500ml Nutri Ninja® Cup
Makes: 475ml

Country Herb Dressing

INGREDIENTS

1 clove garlic	15ml lemon juice
5g fresh parsley leaves	200g mayonnaise
12 sprigs fresh chives, cut in 5cm batons	5ml cracked black pepper
2g fresh tarragon	2.5ml sea salt
125ml buttermilk	

DIRECTIONS

1. Place all ingredients into the 500ml Nutri Ninja® Cup in the order listed.
2. Press PULSE until desired consistency, using short pulses.

TIP

Try this dressing on greens, fruit, or even a chicken breast.



Prep time: 10 minutes

Container: 500ml Nutri Ninja® Cup

Makes: 10-12 servings

Apricot-Mustard Dressing

INGREDIENTS

30ml fresh thyme, stems removed

60ml rice wine vinegar

180g fat-free sour cream

30ml Dijon mustard

45ml honey

125ml apricot jam

2.5ml sea salt

45ml extra-virgin olive oil

DIRECTIONS

1. Place all ingredients into the 500ml Nutri Ninja® Cup in the order listed.
2. Press Auto-iQ® BLEND until smooth.



Prep time: 5 minutes

Container: 1.2L Blend & Prep Bowl

Makes: 2 servings

Curry Chicken Salad

INGREDIENTS

5g coriander leaves, loosely packed

1/4 small red onion

1 celery stalk, cut into 3 pieces

225g cooked chicken breast, cut into 5 cm. cubes

50g mayonnaise

10ml curry powder

10ml fresh lime juice

2.5ml salt

Pinch of ground black pepper

DIRECTIONS

1. Place all ingredients into the 1.2L Blend & Prep Bowl in the order listed.
2. Select Auto-iQ® CHOP and process until desired consistency is reached.

TIP

For an alternative version, swap out the olives and feta for some sliced pepperoni!



Prep time: 1 hour
Cook time: 20–25 minutes
Container: 1.2L Blend & Prep Bowl
Makes: 12 servings

Greek Pizza Night

INGREDIENTS

Pizza Dough:

1 packet (21g) active dry yeast
5ml sugar
310ml warm water (40–43°C)
680g all-purpose flour
5ml salt
125ml olive oil
Reserved flour
Reserved water

Toppings:

Your favourite pizza sauce
220g low-fat mozzarella cheese
150g broccoli florets, fresh or frozen
70g thinly sliced red pepper
45g sliced black olives
80g crumbled feta cheese

DIRECTIONS

1. For dough: 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 1.2L Blend & Prep Bowl and add the flour, salt, olive oil and yeast mixture. Select LOW and process for 30 seconds, until dough comes together. Remove the dough and form into a ball. Place the ball into a lightly oiled bowl and cover loosely with clingfilm; allow to rest and rise for 1 hour, until dough has doubled in size.
3. Preheat oven to 190°C. Lightly spray a baking tray or pizza pan with nonstick cooking oil spray. Remove the dough from the bowl and flatten out, gently pushing the dough all the way to the edges of the pan and 1.25 cm up the edge to form a crust.
4. Spoon your favorite pizza sauce evenly onto the dough, then top with mozzarella cheese, broccoli, red peppers, olives, and feta.
5. Bake for 20 to 25 minutes, checking halfway through, until crust is golden brown.



Prep time: 10 minutes

Container: 1.2L Blend & Prep Bowl

Makes: 4 servings

Tropical Cooler

INGREDIENTS

65g fresh pineapple chunks

¼ jalapeño pepper, seeded

1cm piece fresh ginger, peeled

¼ cucumber, peeled, quartered

1 egg

Juice of 1 lime

175ml coconut water

90ml silver tequila

2ml agave nectar

pinch of ground coriander

245g frozen mango chunks

175ml ice

Garnish:

30g margarita salt

pinch cayenne powder

4 slices cucumber

DIRECTIONS

1. Place all ingredients into the 1.2L Blend & Prep Bowl in the order listed.
2. Press Auto-iQ® BLEND.
3. Combine the salt and cayenne pepper on a small plate and rim 4 glasses with the mixture. Divide between the glasses and garnish with cucumber slices.

TIP

Substitute frozen strawberries for the ice in this recipe and make a delicious strawberry margarita.



Prep time: 5 minutes

Container: 1.2L Processor Bowl

Makes: 4 servings

Frozen Margarita

INGREDIENTS

175ml tequila

60ml triple sec

90ml fresh lime juice

90ml water

175ml frozen limeade

475ml ice

DIRECTIONS

1. Place all ingredients into the 1.2L Blend & Prep Bowl in the order listed.
2. Press Auto-iQ® BLEND.



Prep time: 10 minutes
Container: 650ml Nutri Ninja® Cup
Makes: 475ml

Walnut Red Pepper Dip

INGREDIENTS

200g roasted red peppers	5ml ground cumin
¼ large (15 cm round) pitta	60ml olive oil
60g toasted walnuts	Pinch of salt
30ml fresh lemon juice	Pinch ground black pepper
30ml tomato paste	
Pinch red pepper flakes	Cut vegetables and pitta chips for dipping

DIRECTIONS

1. Drain peppers and reserve liquid in a small bowl. Tear pitta into 2.5cm pieces and place in the bowl of liquid to soften, about 3 minutes.
2. Place softened pitta and the remaining ingredients, except cut vegetables and pitta chips, into the 650ml Nutri Ninja® Cup.
3. PULSE 3 times, then select START/STOP and blend until smooth. Remove mixture to a serving bowl. Serve with cut vegetables and pitta chips.



Prep time: 5 minutes
Container: 1.2L Blend & Prep Bowl
Makes: 475ml

Pineapple Salsa

INGREDIENTS

400g whole peeled tomatoes	100g fresh pineapple chunks
½ white onion, peeled, quartered	½ lime, peeled, quartered
½ jalapeño pepper, seeded	15ml adobo sauce
½ chipotle chilli	Salt and pepper, to taste

DIRECTIONS

1. Place all ingredients into the 1.2L Blend & Prep Bowl in the order listed.
2. Select Auto-iQ® CHOP and process until desired consistency is reached.



Prep time: 15 minutes
Cook time: 10-12 minutes
Container: 1.2L Blend & Prep Bowl
Makes: 24 cookies

Gluten-Free Cherry Oaties

INGREDIENTS

125ml coconut oil	50g gluten-free oats
1 egg	25g unsweetened, shredded coconut
2.5 ml vanilla extract	2.5ml bicarbonate of soda
70g packed brown sugar	5ml salt
70g granulated sugar	2.5ml ground cinnamon
210g gluten-free plain flour	80g dried cherries, roughly chopped
85g almond meal	

DIRECTIONS

1. Preheat oven to 175C°. Line 2 baking trays with greaseproof paper and set aside.
2. Place the dough blade into the 1.2L Blend & Prep Bowl and add coconut oil, egg, vanilla, brown sugar and granulated sugar. PULSE 3 times, then process on LOW for 15 seconds to cream the ingredients. Scrape down the sides.
3. In a medium bowl, combine flour, almond meal, oats, coconut, baking soda, salt and cinnamon and stir to combine. Add half of the dry mixture to the 1.2L Blend & Prep Bowl. PULSE 3 times, then process on LOW for 10 seconds. Scrape down sides, then add remaining dry mixture. Continue to process on LOW for 15 seconds until dough is evenly combined.
4. Add the cherries to the 1.2L Bowl and PULSE 5 to 7 times, until cherries are evenly dispersed throughout dough.
5. Spoon tablespoon-sized scoops of cookie dough onto prepared baking trays, about 5cm apart. Bake for 10 to 12 minutes until just golden brown. Cookies will be very soft upon removal from oven but will set within 5 minutes of resting.

Prep time: 6 minutes
Container: 650ml Nutri Ninja® Cup
Makes: 4 servings

Chocolate Banana

INGREDIENTS

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

DIRECTIONS

1. Place all of the ingredients into the 650ml Nutri Ninja® Cup in the order listed, starting with banana
2. Select START/STOP and blend for 30 seconds or until desired consistency is achieved.
3. Place mousse into an airtight container and refrigerate until chilled.



Prep time: 5 minutes
Container: 500ml Nutri Ninja® Cup
Makes: 1 serving

Mango Cream

INGREDIENTS

60ml coconut water
 30ml nonfat plain yoghurt
 10ml honey
 210g frozen mango chunks

DIRECTIONS

1. Place all ingredients into the 500ml Nutri Ninja® Cup in the order listed.
2. Press Auto-iQ® BLEND.



Prep time: 6 minutes
Container: 650ml Nutri Ninja® Cup
Makes: 2 servings

Vanilla Nut Frozen Treat

INGREDIENTS

160ml vanilla oat milk	1 sachet stevia
½ teaspoon pure vanilla extract	45g walnut halves
200ml low-fat vanilla Greek yoghurt	375g ice

DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® Cup in the order listed.
2. Select START/STOP and blend for 20 seconds or until desired consistency is achieved.



**NUTRI
NINJA**

AUTO-iQ
ONE TOUCH INTELLIGENCE

