

# NUTRI NINJA<sup>®</sup>

**Auto-iQ<sup>®</sup>**  
ONE-TOUCH INTELLIGENCE

**INSPIRATION GUIDE**

**30**  
RECIPES



**Nutri Ninja<sup>®</sup> Auto-iQ<sup>®</sup> 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.





**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

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## 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

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## 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

1 orange, peeled, cut in half

250ml vanilla almond milk

2.5ml ground cinnamon

1 scoop vanilla protein powder

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

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## 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

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## 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

5g fresh parsley leaves

12 sprigs fresh chives, cut in 5cm batons

2g fresh tarragon

125ml buttermilk

15ml lemon juice

200g mayonnaise

5ml cracked black pepper

2.5ml sea salt

### 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	45ml honey
60ml rice wine vinegar	125ml apricot jam
180g fat-free sour cream	2.5ml sea salt
30ml Dijon mustard	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

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## 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

