

# NINJA<sup>®</sup>

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

**INSPIRATION GUIDE**

**30**  
RECIPES



**Ninja<sup>®</sup> Compact Blender Duo**

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# IT'S ALL THAT

Introducing the all-in-one smoothie-smoother, ice-crusher, veggie-sneaker-inner, milkshake-shaker, 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 cucumber 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 Ninja® Compact Blender Duo 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 Ninja® Compact Blender Duo 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, flavorful 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 customization. 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 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 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 Ninja® Compact Blender Duo 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.

## QUICK TIPS

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

**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.





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

## Cool Honeydew Cucumber

### INGREDIENTS

1/4 medium cucumber, peeled, cut in half	60ml water
80g honeydew melon chunks	65g ice
100g pineapple chunks	

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® EXTRACT. Remove blades from cup after blending.



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

## Power Ball

### INGREDIENTS

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

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® EXTRACT. Remove blades from cup after blending.



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

## Strawberry-Banana Smoothie

### INGREDIENTS

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

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® BLEND. Remove blades from cup after blending.



**Prep time:** 5 minutes  
**Container:** 900ml Nutri Ninja® Cup  
**Makes:** 1 serving

## Cherry Limeade

### INGREDIENTS

- 2 tablespoons fresh lime juice
- 600ml coconut water
- 175g frozen cherries

### DIRECTIONS

1. Place all ingredients into the 900ml Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® BLEND. Remove blades from cup after blending.

**Prep time:** 5 minutes

**Container:** 650ml Nutri Ninja® Cup

**Makes:** 1 serving

## Island Sunrise Smoothie

### INGREDIENTS

- 100g pineapple chunks
- 1/2 small ripe banana
- 250ml coconut water
- 60g frozen strawberries
- 70g frozen mango chunks

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® Cup in the order listed.
2. Select Auto-iQ® EXTRACT. Remove blades from cup after blending.



**Prep time:** 6 minutes

**Container:** 650ml Nutri Ninja® Cup

**Makes:** 2 servings

## Lean Green Ninja

### INGREDIENTS

- |                       |                     |
|-----------------------|---------------------|
| 1/2 small ripe banana | 5g baby spinach     |
| 100g pineapple chunks | 125ml coconut water |
| 110g mango chunks     | 130g ice            |
| 5g kale leaves        |                     |

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® Cup in the order listed.
2. Select Auto-iQ® BLEND. Remove blades from cup after blending.





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

## Sweet & Spicy Spinach

### INGREDIENTS

1 Granny Smith apple, cut in eighths	125ml apple juice
1.25cm piece fresh ginger, peeled	125ml water
1/4 lemon, peeled, seeds removed	1 tablespoon honey
10g baby spinach	65g ice

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® EXTRACT. Remove blades from cup after blending.



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

## Pineapple Kick

### INGREDIENTS

400g pineapple chunks	1 lime, peeled, cut in half
1.25cm piece fresh ginger, peeled	160ml orange juice
1/2 small jalapeño pepper, seeds removed	65g ice

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® EXTRACT. Remove blades from cup after blending.

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

## Chai-Spiced Eye Opener

### INGREDIENTS

- 1 ripe pear, cored, cut in quarters
- 1cm piece fresh ginger, peeled
- 20g baby spinach
- 250ml brewed chai tea, chilled
- 2 teaspoons fresh lemon juice
- Dash salt
- 70g frozen mango chunks

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® EXTRACT. Remove blades from cup after blending.

**DO NOT BLEND HOT INGREDIENTS.**



**Prep time:** 4 minutes  
**Container:** 900ml Nutri Ninja® Cup  
**Makes:** 4 servings

## Ginger Peach Lemonade

### INGREDIENTS

- 650ml lemonade
- 1.25cm piece of peeled fresh ginger
- 190g frozen peach slices
- Sweetener to taste

### DIRECTIONS

1. Place all ingredients into the 900ml Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® BLEND. Remove blades from cup after blending.



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

## Peanut Butter Protein Pizzazz

### INGREDIENTS

1 small ripe banana	2 tablespoons unsweetened cocoa powder
125ml almond milk	1 scoop chocolate protein powder
2 tablespoons peanut butter	130g ice

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® BLEND. Remove blades from cup after blending.



**Prep time:** 5 minutes  
**Container:** 900ml Nutri Ninja® Cup  
**Makes:** 4 servings

## Monkey Madness

### INGREDIENTS

1 1/2 small ripe banana	80g almond butter
350ml sweetened almond milk	2 tablespoons unsweetened cocoa powder
2 tablespoons agave nectar	200g ice

### DIRECTIONS

1. Place all ingredients into the 900ml Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® BLEND. Remove blades from cup after blending.



**Prep time:** 5 minutes

**Container:** 650ml Nutri Ninja® Cup

**Makes:** 1 serving

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## Top O' The Mornin'

### INGREDIENTS

1 small ripe banana

1 orange, peeled, cut in half

250ml vanilla almond milk

1/2 teaspoon ground cinnamon

1 scoop vanilla protein powder

65g ice

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® BLEND. Remove blades from cup after blending.



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

## Cranberry-Oat Soother

### INGREDIENTS

90g whole-berry cranberry sauce	2 tablespoons walnut pieces
250ml oat milk	Dash salt
¼ tablespoon vanilla extract	200g ice
1 tablespoon honey	

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® BLEND. Remove blades from cup after blending.



**Prep time:** 10 minutes  
**Cook time:** 10-15 minutes  
**Container:** 2.1L Pitcher  
**Makes:** 8 patties

## Chicken Apple Sausage Patties

### INGREDIENTS

1/2 small onion, peeled, cut in quarters	500g chicken breast, cut into 5cm cubes
1 apple, peeled, cored, cut in quarters	1/4 teaspoon cinnamon
1 teaspoon ground sage	1 teaspoon salt
1 tablespoon olive oil	1 teaspoon 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 2.1L Pitcher. Select PULSE 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 chicken into the 2.1L Pitcher. PULSE until finely ground. Add the ground chicken to the bowl with the chopped onion mixture mix. Add the cinnamon, salt and pepper. Mix well, using your hands.
5. Form mixture into 8 patties and place on prepared baking tray. Bake 10 to 12 minutes, or until fully cooked.



**Prep time:** 5 minutes  
**Cook time:** 10 minutes  
**Chill time:** 1 hour  
**Container:** 2.1L Pitcher  
**Makes:** 16 pancakes

## Buckwheat Boosted Pancakes

### INGREDIENTS

500ml lowfat buttermilk	2 teaspoons baking soda
2 eggs	2 teaspoons sugar
80ml canola oil	1 teaspoon salt
130g buckwheat flour	2 tablespoons honey
130g all-purpose flour	

### DIRECTIONS

1. Place all ingredients into the 2.1L Pitcher in the order listed.
2. Select LOW until ingredients are just fully incorporated. Chill batter for 1 hour before using.
3. Heat 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. Repeat with remaining batter.

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

## Tomato Basil Soup

### INGREDIENTS

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

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja Cup in the order listed.
2. Select HIGH and blend until smooth, about 1 minute. Remove blades from cup after blending.
3. Pour soup into a medium saucepan and simmer 15 to 20 minutes.

**DO NOT BLEND HOT INGREDIENTS**



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

### DIRECTIONS

1. Place all of the ingredients, except for the vinegar, into the 650ml Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® BLEND. Remove blades from cup after blending.
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.

**DO NOT BLEND HOT INGREDIENTS**







**Prep time:** 15 minutes  
**Cook time:** 1 hour  
**Container:** 650ml Nutri Ninja® Cup  
**Makes:** 8-10 servings

## 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 650ml Nutri Ninja Cup in the order listed.
2. Select PULSE until desired consistency, using short pulses. Remove blades from cup after blending.



**Prep time:** 10 minutes  
**Container:** 650ml Nutri Ninja® Cup  
**Makes:** 10-12 servings

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## 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 650ml Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® BLEND until smooth. Remove blades from cup after blending.



**Prep time:** 20 minutes

**Cook time:** 1 hour

**Container:** 2.1L Pitcher

**Makes:** 6-8 servings

## White Bean & Chicken Chili

### INGREDIENTS

2 tablespoons olive oil

1 onion, peeled, chopped

1 green bell pepper, cored, chopped

3 cloves garlic, peeled, smashed

450g boneless, skinless chicken breasts, well-chilled

Salt and pepper, to taste

1 tablespoon ground cumin

2 teaspoons dried oregano

1 teaspoon ground red chile pepper

3 cans cannellini beans, 2 cans drained

2 cans diced green chiles

750ml chicken broth

Shredded white cheddar cheese, for garnish

2 tablespoons fresh cilantro leaves, chopped, for garnish

### DIRECTIONS

1. Heat the oil in a large stockpot over medium heat. Add the onion, bell pepper, and garlic. Saute and stir until softened.
2. Place the chicken into the 2.1L Pitcher. PULSE until chopped. Do not overprocess.
3. Add the chicken to the stockpot, along with salt, pepper, cumin, oregano, and chile. Stir in 2 cans drained beans, green chiles, chicken broth.
4. Place remaining can of beans with liquid in the 2.1L Pitcher. PULSE until smooth. Add to chili and simmer for 30 to 40 minutes, until slightly thickened.
5. Garnish each serving with cheese and cilantro.

**DO NOT BLEND HOT INGREDIENTS**

**Prep time:** 40 minutes

**Cook time:** 45 minutes

**Container:** 2.1L Pitcher

**Makes:** 4-6 servings

## Butternut Squash Mac & Cheese

### INGREDIENTS

500g butternut squash, peeled, cut in chunks	360g shredded cheddar cheese, divided
250ml water	500g macaroni, cooked
250ml lowfat milk	30g breadcrumbs
Salt and pepper, to taste	40g grated Parmesan cheese
1 teaspoon dry mustard powder	2 teaspoons olive oil

### DIRECTIONS

1. Preheat oven to 200°C.
2. Place the squash and water into the 2.1L Pitcher. PULSE until chopped.
3. Add the squash and water with milk, salt, pepper, and mustard to a saucepan. Simmer for 20 minutes, stirring occasionally. Add 2 ½ cups cheddar cheese and stir until melted. Cool to room temperature.
4. Place the cooled mixture into the 2.1L Pitcher. Select HIGH and blend until smooth.
5. Transfer cooked macaroni to a lightly buttered baking dish. Toss breadcrumbs, remaining cheddar cheese, Parmesan cheese, and oil and scatter on top of macaroni.
6. Bake for 20 to 25 minutes, or until bubbly and golden brown.

**DO NOT BLEND HOT INGREDIENTS**



**Prep time:** 10 minutes  
**Container:** 2.1L Pitcher  
**Makes:** 8 servings

## Tropical Cooler

### INGREDIENTS

200g pineapple chunks  
1/2 jalapeño pepper, seeds removed  
1.25cm piece fresh ginger, peeled  
1/3 English cucumber, peeled, cut in quarters  
Juice of 1 1/2 limes  
350ml coconut water  
150ml silver tequila  
3 tablespoons agave nectar  
1/4 teaspoon ground coriander  
490g frozen mango chunks  
200g ice

### *Garnish*

3 tablespoons unsweetened coconut flakes  
1/4 teaspoon cayenne pepper  
8 unpeeled cucumber slices

### DIRECTIONS

1. Place all ingredients into the 2.1L Pitcher in the order listed.
2. Select Auto-iQ® BLEND.
3. Combine coconut flakes and cayenne pepper on a small plate and rim 8 glasses with the mixture. Divide between glasses and garnish with cucumber slices.

**Prep time:** 5 minutes  
**Chill time:** 1 hour  
**Container:** 2.1L Pitcher  
**Makes:** 900ml

## Best Blender Salsa

### INGREDIENTS

- 2 cans (300ml each) whole peeled tomatoes
- 1 small white onion, peeled, cut in quarters
- 1 jalapeño pepper, cut in half, seeds removed
- 1 canned chipotle pepper, in adobo sauce
- 2 tablespoons adobo sauce
- 1 bunch cilantro, stems removed
- 1 lime, peeled, cut in quarters
- Salt and pepper, to taste

### DIRECTIONS

1. Place all ingredients into the 2.1L Pitcher in the order listed.
2. PULSE until desired consistency. Cover and refrigerate at least 1 hour before serving.



**Prep time:** 5 minutes  
**Container:** 2.1L Pitcher  
**Makes:** 4 servings

## Frozen Margarita

### INGREDIENTS

- 175ml tequila
- 90ml water
- 60ml triple sec
- 200g frozen limeade
- 90ml fresh lime juice

### DIRECTIONS

1. Place all ingredients into the 2.1L Pitcher in the order listed.
2. Select 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
1/4 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	Cut vegetables and pitta chips for dipping
Pinch red pepper flakes	

### 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 HIGH and blend until smooth. Remove blades from cup after blending. Remove mixture to a serving bowl. Serve with cut vegetables and pitta chips.



**Prep time:** 5 minutes  
**Container:** 2.1L Pitcher  
**Makes:** 4 servings

## Frozen Hot Chocolate

### INGREDIENTS

475ml lowfat milk, divided  
60g instant nonfat dry milk  
75g unsweetened cocoa powder  
60ml agave nectar  
 $\frac{1}{8}$  teaspoon salt  
390g ice

### DIRECTIONS

1. In a bowl, combine 250ml milk with instant nonfat dry milk, agave, and salt. Whisk until ingredients have formed a smooth slurry.
2. Place the slurry, ice, and remaining milk into the 2.1L Pitcher. Select Auto-iQ® BLEND.



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

## Chocolate Avocado Mousse

### INGREDIENTS

- 2 ripe bananas, peeled, cut in quarters
- 2 ripe avocados, peeled, pits removed, cut in quarters
- 60ml chocolate sauce
- juice of ½ orange
- 2 tablespoons cocoa powder

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja Cup in the order listed.
2. Select HIGH and blend for 30 seconds, or until desired consistency. Remove blades from cup after blending.
3. Place mousse into an airtight container and refrigerate until chilled.



**Prep time:** 5 minutes  
**Container:** 900ml Nutri Ninja® Cup  
**Freeze Time:** 8 hours  
**Makes:** 8 popsicles

## Tropical Fresh Fruit Ice Pops

### INGREDIENTS

275g mango chunks  
 550g pineapple chunks  
 2 tablespoons agave nectar

### DIRECTIONS

1. Place all ingredients into the 900ml Nutri Ninja Cup in the order listed.
2. Select Auto-iQ® BLEND. Remove blades from cup after blending.
3. Pour into ice pop molds and freeze overnight or until solid.



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

## Vanilla Nut Frozen Treat

### INGREDIENTS

160ml vanilla oat milk	1 sachet stevia
1/2 teaspoon pure vanilla extract	45g walnut halves
200ml lowfat vanilla Greek yoghurt	200g ice

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja Cup in the order listed.
2. Select HIGH and blend for 20 seconds or until desired consistency is achieved. Remove blades from cup after blending.

