

NUTRI NINJA®

Getting Started
Assembly and Recipes

30
RECIPES!



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Congratulations!

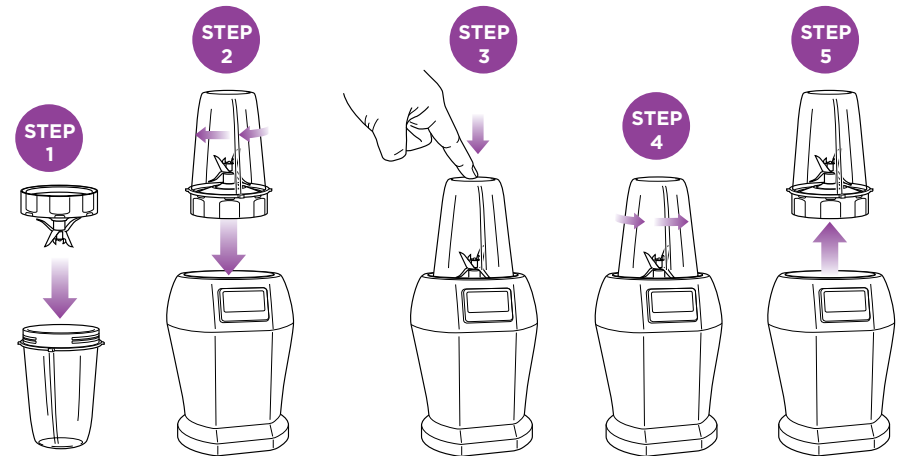
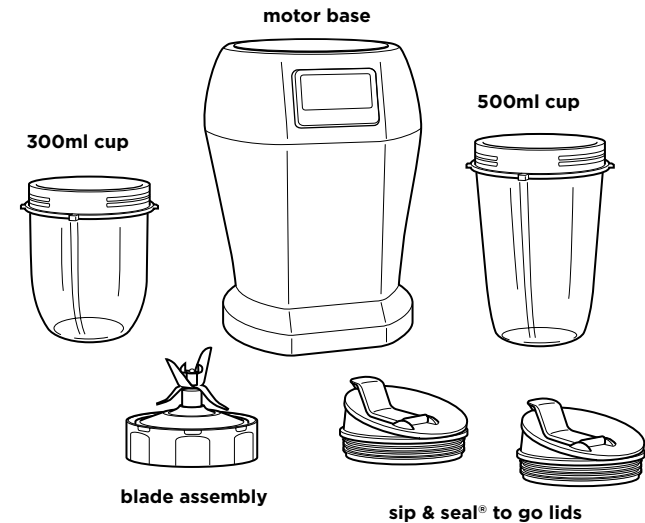
Prepare nutrient-rich juices, sauces, soups, and wholesome meals with the Nutri Ninja® Lite! This innovative Nutrient and Vitamin Extractor* produces smooth, uniform textures, nutrient-dense beverages, and velvety soups, sauces, and dressings - all to support your healthy, Ninja® - Inspired lifestyle!

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

Table of Contents

Welcome	1
Assembly	2
Loading Instructions	3
Recipe Ideas	4
Nutrient Juices & Smoothies	5
Soups, Sauces, Dips and Dressings	20
Frozen Treats and Desserts	30

Nutri Ninja® Lite Assembly



1. Add ingredients to the cup, then twist on the blade assembly until you have a tight seal.
2. Place the cup onto the motor base, aligning the tabs on both the cup and base, then turn clockwise.
3. Press down on the cup and hold to blend until you reach your desired consistency.
4. When finished, wait until the motor stops completely then turn the cup anticlockwise.
5. Pull the cup straight up to remove from the base. Invert the cup and remove the blade assembly and replace with sip & seal to go lid.

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®.

Mix n' Match Recipe Ideas

Create your own nutrient-rich juices or healthy smoothies with these great food and flavour combos!

These taste great	With any of these
Apples, Pears, Nut Milks	Cinnamon, Nutmeg, Almonds, Walnuts
Kale, Swiss Chard, Lettuce	Fresh Lemon, Pear, Kiwi, Ginger
Green Tea	Berries of all types, Tart Cherry and Pomegranate Concentrates
Sweet Potatoes, Carrots, Butternut Squash	Turmeric, Maple Syrup
Rocket	Mint, Pear, Apple
Pineapple, Mango, Papaya	Coconut, Banana
Strawberries	Basil, Mint, Goji Berries





PREP TIME 5 minutes CONTAINER 500ml Nutri Ninja® Cup SERVINGS 1

Cool honeydew cleanser

ingredients

- ¼ medium cucumber, peeled, cut in half
- 80g fresh honeydew melon chunks
- 100g fresh pineapple chunks
- 60ml water
- 60g ice

directions

1. Place all the ingredients into the 500ml Nutri Ninja® cup in the order listed above.
2. PULSE 3 times then blend for 45 seconds, or until smooth.



PREP TIME 5 minutes CONTAINER 500ml Nutri Ninja® Cup SERVINGS 1

Power ball

ingredients

- ½ small ripe banana
- 250ml unsweetened coconut milk
- 2.5g unsweetened cocoa powder
- 140g frozen blueberries

directions

1. Place all the ingredients into the 500ml Nutri Ninja® cup in the order listed above.
2. PULSE 3 times then blend for 45 seconds, or until smooth.



PREP TIME 5 minutes **CONTAINER** 300ml Nutri Ninja® Cup **SERVINGS** 1

Strawberry banana smoothie

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ingredients

- 1 small ripe banana, cut in half
- 175ml skimmed milk
- 15ml agave nectar
- 150g frozen strawberries

directions

1. Place all the ingredients into the 300ml Nutri Ninja® cup in the order listed above.
2. PULSE 3 times then blend for 45 seconds, or until smooth.



PREP TIME 5 minutes **CONTAINER** 500ml Nutri Ninja® Cup **SERVINGS** 1

Tropical island boost

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ingredients

- 100g fresh pineapple chunks
- ½ small ripe banana
- 250ml coconut water
- 75g frozen strawberries
- 70g frozen mango chunks

directions

1. Place all the ingredients into the 500ml Nutri Ninja® cup in the order listed above.
2. PULSE 3 times then blend for 45 seconds, or until smooth.



PREP TIME 5 minutes CONTAINER 500ml Nutri Ninja® Cup SERVINGS 1

Lean green Ninja

ingredients

- ½ small ripe banana
- 50g fresh pineapple chunks
- 55g fresh mango chunks
- 5g kale leaves
- 5g baby spinach
- 60ml coconut water
- 60g ice

directions

1. Place all the ingredients into the 500ml Nutri Ninja® cup in the order listed above.
2. PULSE 3 times then blend for 45 seconds, or until smooth.



PREP TIME 5 minutes CONTAINER 500ml Nutri Ninja® Cup SERVINGS 1

Spicy pineapple recharge

ingredients

- 200g fresh pineapple chunks
- 1cm piece fresh ginger, peeled
- ¼ small jalapeño pepper, seeds removed
- ½ lime, peeled, cut in half, seeds removed
- 80ml orange juice
- 60g ice

directions

1. Place all the ingredients into the 500ml Nutri Ninja® cup in the order listed above.
2. PULSE 3 times then blend for 45 seconds, or until smooth.



PREP TIME 5 minutes CONTAINER 500ml Nutri Ninja® Cup SERVINGS 1

Chai spiced eye opener

ingredients

- ½ ripe pear, quartered and cored
- 0.3cm piece fresh ginger root, peeled
- 10g loosely packed spinach
- 125ml chilled, brewed chai tea (from tea bag)
- 5ml fresh lemon juice
- Pinch of sea salt
- 35g frozen mango chunks

directions

1. Place all the ingredients into the 500ml Nutri Ninja® cup in the order listed above.
2. PULSE 3 times then blend for 45 seconds, or until smooth.



PREP TIME 5 minutes CONTAINER 500ml Nutri Ninja® Cup SERVINGS 1

Peanut butter protein pizzazz

ingredients

- 1 small ripe banana
- 125ml almond milk
- 30g peanut butter
- 5g unsweetened cocoa powder
- 1 scoop chocolate protein powder
- 250g ice

directions

1. Place all the ingredients into the 500ml Nutri Ninja® cup in the order listed above.
2. PULSE 3 times then blend for 45 seconds, or until smooth.



PREP TIME 5 minutes CONTAINER 500ml Nutri Ninja® Cup SERVINGS 1

Banana & oats

ingredients

- 1 small ripe banana
- 250ml skimmed milk
- 110g fat-free vanilla yoghurt
- 100g cooked oatmeal, cold
- 10g walnut pieces
- ¼ tsp ground cinnamon

directions

1. Place all the ingredients into the 500ml Nutri Ninja® cup in the order listed above.
2. PULSE 3 times then blend for 45 seconds, or until smooth.



PREP TIME 2 minutes CONTAINER 500ml Nutri Ninja® Cup SERVINGS 1

Cranberry-oat soother

ingredients

- 65g whole-berry cranberry sauce
- 175ml oat milk
- ½ tsp vanilla essence
- 15g honey
- 40g walnut pieces
- Pinch of salt
- 250g ice

directions

1. Place all the ingredients into the 500ml Nutri Ninja® cup in the order listed above.
2. PULSE 3 times then blend for 45 seconds, or until smooth.



PREP TIME 5 minutes CONTAINER 500ml Nutri Ninja® Cup SERVINGS 1

Autumn balancer

ingredients

70g steamed, cooled sweet potato
160ml unsweetened almond milk
15ml maple syrup
½ tsp flax seeds
⅓ tsp ground turmeric
Pinch of salt
60g ice

directions

1. Place all the ingredients into the 500ml Nutri Ninja® cup in the order listed above.
2. PULSE 3 times then blend for 45 seconds, or until smooth.



PREP TIME 5 minutes CONTAINER 500ml Nutri Ninja® Cup SERVINGS 1

Berry healthy

ingredients

110g fresh mango chunks
50g fresh pineapple chunks
40g fresh strawberries, hulled
40g blueberries
10g baby spinach
60ml water
60g ice

directions

1. Place all the ingredients into the 500ml Nutri Ninja® cup in the order listed above.
2. PULSE 3 times then blend for 45 seconds, or until smooth.



PREP TIME 5 minutes CONTAINER 500ml Nutri Ninja® Cup SERVINGS 1

Bright side mocha shake

ingredients

- ½ small ripe banana
- 60ml chilled brewed coffee
- 125ml unsweetened almond milk
- 1¼ tbsp almond butter
- 2.5g unsweetened cocoa powder
- 5ml agave nectar
- Pinch of sea salt
- 250g ice

directions

1. Place all the ingredients into the 500ml Nutri Ninja® cup in the order listed above.
2. PULSE 3 times then blend for 45 seconds, or until smooth.



PREP TIME 5 minutes CONTAINER 500ml Nutri Ninja® Cup SERVINGS 1

Strawberry protein power

ingredients

- 100g silken tofu
- 15ml lime juice
- 310ml original unsweetened almond milk
- 45g honey
- 150g frozen strawberries

directions

1. Place all the ingredients into the 500ml Nutri Ninja® cup in the order listed above.
2. PULSE 3 times then blend for 45 seconds, or until smooth.



tip:
Try the traditional garnish of hard-boiled egg and crispy serrano ham.



PREP TIME 5 minutes **CONTAINER** 500ml Nutri Ninja® Cup **SERVINGS** 1

Peach yoghurt smoothie

ingredients

- ½ pear, quartered and cored
- 0.3cm piece peeled fresh ginger
- ¼ tbsp ground flaxseeds
- 175ml fat-free plain kefir
- 55g fat-free yoghurt
- 70g frozen peaches

directions

1. Place all the ingredients into the 500ml Nutri Ninja® cup in the order listed above.
2. PULSE 3 times then blend for 45 seconds, or until smooth.

PREP TIME 15 minutes **CONTAINER** 500ml Nutri Ninja® Cup **SERVINGS** 1

Spanish chilled tomato soup

ingredients

- | | |
|--|------------------------------|
| 2.5cm thick slice of baguette | 30ml olive oil |
| 125ml warm water | 2.5ml sherry vinegar |
| 1 ½ vine-ripened tomatoes, cut in quarters | Pinch of salt |
| 1 small clove garlic | Pinch of ground black pepper |
| 10g dry-roasted almonds | |

directions

1. Place baguette and warm water into a small bowl and let sit for 10 minutes, allowing bread to soften.
2. In a mesh strainer set over a medium bowl, squeeze out seeds from each piece of tomato. Set cleaned tomatoes aside. Push seeds around in the strainer to release as much liquid as possible. Reserve extracted liquid and discard seeds.
3. Squeeze the baguette of excess liquid and place it into the 500ml Nutri Ninja® cup. Add the tomatoes, tomato liquid, garlic, almonds, olive oil, sherry vinegar, salt, and pepper.
4. PULSE 3 times then blend for 45 seconds, or until smooth.
5. Chill before serving. Adjust seasonings and garnish as desired.



PREP TIME 10 minutes **COOK TIME** 15 minutes **CONTAINER** 500ml Nutri Ninja® Cup **SERVINGS** 2

Pep in your step soup

ingredients

- | | |
|--|--------------------------------|
| 3 red bell peppers, peeled and roasted | 60ml white wine |
| 15g sun-dried tomatoes | 250ml low salt vegetable stock |
| 2 cloves garlic, peeled | Salt and pepper to taste |
| ¼ bunch flat leaf parsley | Balsamic vinegar, as garnish |

directions

1. Place all of the ingredients into the 500ml Nutri Ninja® cup in the order listed above.
2. Blend for 45 seconds, or until smooth.
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, if desired.



PREP TIME 10 minutes **CONTAINER** 300ml Nutri Ninja® Cup **MAKES** 300ml

Eggless mayonnaise

ingredients

- 200g firm tofu, drained and chopped
- 40ml extra-virgin olive oil
- 0.5g black pepper
- 10g Dijon mustard
- 15ml freshly squeezed lemon juice
- 20ml apple cider vinegar

directions

1. Place all of the ingredients into the 300ml Nutri Ninja® cup in the order listed above.
2. Blend for 30 seconds, or until smooth.



PREP TIME 10 minutes **COOK TIME** 25 minutes **CONTAINER** 300ml Nutri Ninja® Cup **MAKES** 300ml

Fresh & healthy ketchup relish

ingredients

- | | |
|--|---------------------------------|
| ½ small yellow onion, cut into quarters,
plus ¼ small yellow onion, cut in half | 25ml apple cider vinegar |
| ½ red bell pepper, seeded and chopped | 2.5ml molasses |
| 1 garlic clove, peeled | 0.5g ground black pepper |
| 2 vine-ripe tomatoes, seeded
and cut in quarters | 105g baby gherkins, cut in half |
| | 15g Dijon mustard |

directions

1. Place the ½ small yellow onion, red bell pepper, garlic, tomatoes, apple cider vinegar, molasses and ground black pepper into the 300ml Nutri Ninja® cup.
2. Blend for 45 seconds, or until smooth.
3. Pour the tomato mixture into a 1.9L saucepot and cook on medium heat for 25 minutes, stirring occasionally.
4. Remove from the heat and chill for 1 hour.
5. Place the ¼ small yellow onion, pickles, Dijon mustard and the cooled tomato mixture into the 300ml Nutri Ninja® cup.
6. PULSE 6 times or to desired consistency.



PREP TIME 10 minutes **CONTAINER** 500ml Nutri Ninja® Cup **MAKES** 475ml

Muhammara dip

ingredients

- | | |
|---|--------------------------|
| ½ jar (248g) roasted red peppers, drained,
125ml liquid reserved | 15g harissa paste |
| ⅛ 20cm pitta, torn into pieces | 8ml pomegranate molasses |
| 80g toasted walnuts | 1 tsp ground cumin |
| 30ml fresh lemon juice | 30ml olive oil |
| 30ml tomato paste | Pinch of salt |
| 8g Aleppo pepper | 0.5g ground black pepper |
| 15ml sumac | |

directions

1. Soak pitta in 125ml of liquid from the roasted red peppers until soft, about 2 to 3 minutes. Remove softened pitta, set aside, and discard excess liquid.
2. Place the pitta and remaining ingredients into the 500ml Nutri Ninja® cup in the order listed.
3. PULSE 3 times then blend for 45 seconds, or until smooth.



PREP TIME 10 minutes **CONTAINER** 500ml Nutri Ninja® Cup **MAKES** 240ml

Pineapple coriander dipping sauce

ingredients

- 210g fresh pineapple chunks
- 10g fresh coriander leaves
- ½ small jalapeno pepper, seeded
- 22ml freshly squeezed lime juice
- ¼ small white onion, peeled and cut in quarters
- 15ml coconut oil
- salt and pepper to taste

directions

1. Place all the ingredients into the 500ml Nutri Ninja® cup in the order listed above.
2. BLEND for 15 seconds.



PREP TIME 5 minutes **CONTAINER** 300ml Nutri Ninja® Cup **MAKES** 300ml

Carrot ginger dressing

ingredients

- 1 carrot, peeled, cut into chunks
- 30ml rice wine vinegar
- 1 shallot, peeled and halved
- 15ml roasted sesame seed oil
- 5cm piece peeled fresh ginger
- 60ml grape seed oil or other neutral vegetable oil
- 15ml tamari or soy sauce
- 30ml water

directions

1. Place all the ingredients into the 300ml Nutri Ninja® cup in the order listed above.
2. PULSE 3 times then blend for 45 seconds, or until smooth.



PREP TIME 15 minutes **CONTAINER** 300ml Nutri Ninja® Cup **MAKES** 300ml

Everyday vinaigrette

ingredients

10g packed fresh coriander, stems removed	0.5g ground black pepper
7g packed flat-leaf parsley, stems removed	Pinch of sea salt
30ml roughly chopped chives	15g Dijon mustard
1 garlic clove, peeled	60ml apple cider vinegar
	175ml extra-virgin olive oil

directions

1. Place all the ingredients into the 300ml Nutri Ninja® cup in the order listed above.
2. PULSE 3 times then blend for 45 seconds, or until smooth.



PREP TIME 10 minutes **CONTAINER** 300ml Nutri Ninja® Cup **MAKES** 300ml

Passion fruit mustard dressing

ingredients

125ml frozen passion fruit pulp, thawed
5g fresh thyme, stems removed
15g Dijon mustard
60ml rice wine vinegar
45ml extra-virgin olive oil
65g honey
150g fat-free sour cream
2g sea salt

directions

1. Place all the ingredients into the 300ml Nutri Ninja® cup in the order listed above.
2. Blend for 45 seconds, or until smooth.



PREP TIME 15 minutes **CONTAINER** 300ml Nutri Ninja® Cup **MAKES** 300ml

Supreme goddess dressing

ingredients

80ml rice wine vinegar	10g flat-leaf parsley
3 garlic cloves, peeled	5g fresh tarragon
50g Dijon mustard	5g fresh dill, stems removed
2.5g sea salt	2 spring onions, cut into pieces
0.5g ground black pepper	200g fat-free cottage cheese
50g light mayonnaise	125ml extra-virgin olive oil

directions

1. Place all the ingredients into the 300ml Nutri Ninja® cup in the order listed above.
2. Blend for 45 seconds, or until smooth.



PREP TIME 5 minutes **CONTAINER** 500ml Nutri Ninja® Cup **MAKES** 2 x 200ml

Choco-hazelnut treat

ingredients

250ml chocolate almond milk
7.5g unsweetened cocoa powder
40g chocolate hazelnut spread
1 frozen banana, quartered
200g ice

directions

1. Place all the ingredients into the 500ml Nutri Ninja® cup in the order listed above.
2. PULSE 3 times then blend for 45 seconds, or until smooth.



PREP TIME 8 minutes **CONTAINER** 500ml Nutri Ninja® Cup **MAKES** 350ml

Chocolate Dipping Sauce

ingredients

125ml water
125ml agave nectar
 $\frac{2}{5}$ tsp vanilla extract
60g cocoa powder
80g almond butter

directions

1. Place all the ingredients into the 500ml Nutri Ninja® cup in the order listed above.
2. Blend for 45 seconds, or until smooth.



PREP TIME 15 minutes **COOK TIME:** 10-12 minutes **CONTAINER** 500ml Nutri Ninja® Cup **MAKES** 1 serving

Honey nut frozen treat

ingredients

125ml original oat milk
Drop of vanilla essence
20g walnut pieces
16g honey
175g ice

directions

1. Place all the ingredients into the 500ml Nutri Ninja® cup in the order listed above.
2. PULSE 3 times then blend for 45 seconds, or until smooth.



PREP TIME 5 minutes **CONTAINER** 500ml Nutri Ninja® Cup **MAKES** 1 serving

Lemon orange sorbet

ingredients

175ml orange juice
225g frozen strawberries

directions

1. Place all the ingredients into the 500ml Nutri Ninja® cup in the order listed above.
2. PULSE 3 times then blend for 45 seconds, or until smooth.



PREP TIME 5 minutes **CONTAINER** 500ml Nutri Ninja® Cup **MAKES** 1 serving

Mango cream

ingredients

60ml coconut water
30g fat-free plain yoghurt
15g honey
210g frozen mango chunks

directions

1. Place all the ingredients into the 500ml Nutri Ninja® cup in the order listed above.
2. PULSE 3 times then blend for 45 seconds, or until smooth.



NINJA[®]

www.ninjakitchen.eu

The colour of your Nutri Ninja[®] may differ from the photos

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